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# *My Bride's Book*



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William H. Hall



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TO THAT INCOMPARABLE  
CREATURE

# *The American Lady*

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Now Reached the Dignity of  
Wife, Just Starting on Life's  
Journey in Wedded Bliss, in  
Complete Harmony With  
Milton's Words This Little  
Book is Dedicated to You.  
*"For Nothing Lovelier Can  
Be Found in Woman Than  
To Study Household Good."*

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"My Bride's Book," issued primarily to be presented with marriage licenses to the Newlyweds, may be purchased by Mrs. Newlywed's friends from the publishers at the cost price of \$1.00.

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D. WELLS WILLIAMS PUBLISHING  
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Kansas City, Missouri

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"Good morning, Mrs. Newlywed. May I come in? No, I am not a book agent; this little book I have in my hand is a little gift prepared especially for you.

"With the Man-o'-My-Heart I was spinning through God's beautiful out-of-doors one day not long ago, when a little bird overtook us, lighting first on the twig of a tree, then on a fence post—back and forth on the wing, and always singing—singing.

"Suddenly I caught the interpretation of his song! He was telling me of your happiness in possession and your happiness-to-be. Oh, but his little throat swelled with song in his joy of such news bearing!

"I hastened back to my attic den in Friendship Lane, and with big joy in my heart, began ransacking my memory box for cookery helps, helpful hints gathered from my Queen Mother's day, from personal experience, from domestic science school days, from club classes, wise chefs, and from friends—I have compiled them just for—you.

"There may not be many helps—and no cookery department is exhaustive; perhaps there has been too little time since I caught the bird's song, yet I hope these beginnings will find happy lodgement in your home nest. If they do, you will tell your friends.

"That you and The Big Man might start life's journey together with the best help obtainable I went personally to tell our most representative business men and women about you. A goodly number—all I had room for in my car—signified their pleasure in coming with me to wish you all joy in your new happiness, and to congratulate The Big Man upon the wise choice he has made.

"It gives me real pleasure to introduce to you each one of these highly reputable business firms, knowing they will be of incomparable assistance to you in adjusting the homely as well as the luxurious phases of your home-making life. That you will place them, one and all, upon your list of friends and call upon them often I feel assured. Introduce them to your friends—they will appreciate the breadth of acquaintance.



"I was going past Susie Stew's house this morning, when I saw her front porch piled with her best furniture, and heard sounds of beating, and there she was thrashing the life out of sofa pillows and dusting chairs. 'House cleaning so soon?' I asked. 'Oh, dear me, no! The Embroidery Club is going to meet at my house tomorrow afternoon, and uncle Jim and aunt Maria are coming to visit us on Thursday and I have got to get ready for them. I do dread it, for I am almost dead now, and Bridget is as cross as a bear already, and I don't know what she will do when they get here. I'm sure she doesn't expect to prepare as much as a sandwich for my club tomorrow afternoon. Really, I expect she will leave. Think of the running around we will have to do to entertain uncle Jim and aunt Maria! I am sure to be a perfect wreck when they go home. What a trial company is!' She sat down on the porch and enjoyed her misery.

"Some one has dignified hospitality as the 'entertainment of guests with kind and liberal generosity,' and that must mean the kindly generosity of spirit which made the tradition of the old-fashioned hospitality which we read of but so seldom see now. We make such a burden of housekeeping in general and company in particular these days, I wonder if it is not this spirit that is communicated to our helpers, making the tolerant maid a rare one? A friend once told me of a clever woman who said that circumstances had compelled her to live by the paraphrased text. 'No woman can serve visitor and maid. For either she will have the one and lose the other, or else she will dispense with the one and keep the other. Ye cannot have guests and servants.' And Susie Stew's method is the one that produces such results.

"If we could only remember the beauty of elegant simplicity in living it would not be necessary for those in our service and the loved ones of our household to reflect our worries.

"Begin by making your guests feel the hominess of your nesting place. Let that sweet 'comfy' air which betokens order without nerve-racking effort, permeate the home throughout, so that when a guest is expected all you ever need to do is to see that the guest room is comfortably furnished with linen, a bit of stationery and a few good books. The idea of being obliged to plan for every moment of a guest's time is a great mistake.

"Suppose your guest wants to get off by herself for a quiet hour with a volume, or suppose—it does sometimes happen—she is wakeful. What books would you leave in the guest room for her delectation? Here are the titles found on one guest room book shelf we know of:



“‘Love Letters of a Musician.’ ‘Helen’s Babies.’ ‘The Lady of the Decoration.’ ‘Pollyanna.’ ‘Friendship Village.’ ‘Tanglewood Tales.’ ‘Conduct of Life.’ ‘Christmas Carol.’ ‘Land of Heart’s Desire.’ ‘Anne of Green Gables.’ You might add to these The Ladies’ Home Journal, McClure’s Magazine or The Outlook.

“Can you conceive of a mood which something here wouldn’t fit into?”

“Unless The Big Man have large means, you will make a great mistake to live in a pretentious way. You will be wise and far happier if you will confine your entertainments to small luncheons and dinners for four, and not more than six guests. These you will be able to serve and enjoy, even without the services of a maid.

“There is nothing more delightful than having guests in to breakfast. If you are the fortunate possessor of an electric percolater and broiler, or the possessor of one or two chafing dishes, the entire meal may be prepared at the table in the presence of your guests. And always and ever the heart of The Big Man will swell with pride at your ability to accomplish results with such elegant simplicity.

“I fear that we, as Americans, do not know the art of dining—and it is an art—as much an art almost as good cooking or menu-making.

“The Chef of one of our splendid hotels says, ‘Just as a symphony concert demands good listening, so does a well prepared dish require to be eaten with appreciation; else it is wasted.’ That ‘Americans do not know how to eat because they haven’t taken time to learn.’ Everybody seems always to be in a hurry. It is a national habit, this hurry, and it leads to a good deal of slurring over in matters that ought to receive careful attention. And so, we have to provide quick lunch counters, where a glass of milk is swallowed, a sandwich bolted and we finish our pie as we rush out the door. Is it really true? Certainly, my dear; I haven’t had eighteen years honeymoon trip across the country with the Man-o’-My-Heart without knowing something about how we bolt our food, and the little time we take to rightly enjoy the aroma and delicious flavor of a delicate dish properly prepared.

“Many a man who has mastered the menu of ‘a la’s’ would gladly exchange his cafe dinner for just one of the old-fashioned dishes he used to have at home. What were they? Oh, yes—noodles and dumplings with chicken and a wonderful stew in which the flavor of meat and vegetables were blended in a most delectable gravy. And this is chicken en casserole! Let me tell you how to prepare it; dress chicken and disjoint as for stewing. Have ready half a cup each of sliced carrots and turnips (or they may be cut in balls with a French cutter), one cup of

potato balls, a cup of minced onion, half cup chopped celery and a bit of parsley. Put chicken and all vegetables in casserole, add bay leaf, bit of mace, salt and pepper and cover well with stock or boiling water. Cover closely and place in slow oven. It requires four to five hours to cook properly; but when it is cooked properly it is a masterpiece of art—the art of combined flavors. From start to finish, it has been subjected to certain prescribed temperatures, and never once has the cover left the dish. Chicken, vegetables, seasoning—all are put in raw, the cover is put on and the cooking begins. The onion gradually becomes, not an onion, but a flavor. Each vegetable contributes its character to the whole. The taste of the chicken is absorbed by the vegetable, and the taste of the vegetable is absorbed by the chicken—none escapes. At the table, when the cover is lifted, the aroma that greets the nostrils—well it cannot be matched by a broiled beef steak. But that of which I have told you is chicken en casserole as it should be.

“Now I must hurry home and prepare this delicious dish for the Man-o’-My-Heart’s dinner.

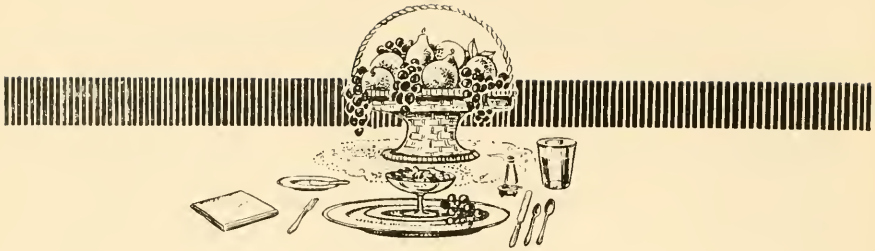
“Susie Stew told me this morning that she was suffering from nerves. Too much entertaining and rush as was very evident. I suggested lavender tea to her. Not the least of the virtues of that fine herb, lavender, is its tonic effect upon excited, trembling nerves and irritability. Two or three teaspoonfuls of the tincture in a cup full of hot water with a slice or two of lemon makes a restorative drink that acts like magic and puts a woman in possession of her best self, ready to take up life with renewed vigor.

“In hanging pictures in your new home you will try to give them the advantage of a good light—be as courteous to the new friends I have brought to you today, and—to

THE AUTHOR.”







## SOME BEGINNINGS AND BEVERAGES

**F**OR THE warm months a chilled appetizer is always desirable, and this may consist of an iced ginger ale, iced grape juice or iced bouillon.

Iced ginger ale or grape juice may be served in stem glasses a little larger than a wine glass, set in a pretty plate on which has been laid a dainty paper doily.

### Ginger Ale

Fill a glass two-thirds full of ginger ale, to which add two tablespoonfuls of shaved ice.

### Grape Drink

To three pounds of fresh Concord grapes add four whole cloves, the juice of four oranges with a little of the grated rind, a leaf or two of lemon verbena, and a very scant cupful of sugar. Let all these ingredients come to a boil, cool and stand in the ice chest several hours. When ready to serve press through a sieve, stir in a quart of unfermented grape juice and stiffly beaten whites of three eggs, and a pint of seltzer; turn into a pitcher which is filled to nearly half its depth with pounded ice. Serve in champagne glasses.

### Mulled Grape Juice

To one pint of grape juice add two or three pieces of stick cinnamon, a clove, juice of half a lemon and heat in a double boiler half an hour, strain and chill. Serve in champagne glasses, with shaved ice, as a first course for luncheon or dinner.

### Fruit Cup, Southern Style

Make a strong lemonade, not very sweet, and add fruit juice as in season, orange, strawberry, grape or raspberry, also wine if desired. Chill as cold as possible without ice in liquid itself. Pour into high narrow tumblers, place a whole slice of canned pineapple on top, and a sprig of mint and two straws in the center of slice (where hollowed out). Add a large cherry and serve at once.



## BEVERAGES—Continued

### Oyster Cocktail

To one pint of tomato catsup add the juice of two large lemons, a third of a cup of cider vinegar, one-fourth teaspoon of salt, a little paprika and a few drops of Tabasco sauce. Mix thoroughly and chill before serving, using two or three table-spoonfuls to each glass. Select small oysters and look over carefully to remove bits of shell. Keep in a cold place until ready to serve and do not mix sauce with oysters until serving time.

### Crab Meat Appetizer

Break cooked crab meat into flakes and season well with anchovy and Worcestershire sauce. Chill the mixture before serving in either sherbet or champagne glasses (the latter are more attractive). Line the glass with delicate lettuce leaves, place crab mixture in center, garnish each with a few fresh shrimps curled over the edge of the glass and a stuffed olive on top. Use this as a first course for luncheon or dinner.

### Filled Celery

Select choice stalks of celery of even size and fill with soft cheese. Roquefort cheese may be used by making it smooth with soft butter and adding a seasoning of paprika and brandy. The jar cheeses, such as Club House and McLaren's can be used without preparation.

### Aspic with Caviar

Clear one quart of rich stock (chicken, veal and ham combined give a fine flavor) with white of egg, then add one-half a package of softened gelatine, season well with lemon juice, salt and pepper, strain through a wet napkin and chill in a shallow mould. Sherry may be added if liked. Turn out into chop plate and surround with halves of hard cooked eggs from which the yolks have been removed and space filled with caviar, sprinkle with lemon juice. Garnish with water cress and serve very cold with French dressing as a salad, or without dressing for a first course at dinner.

### Sardine Canipes

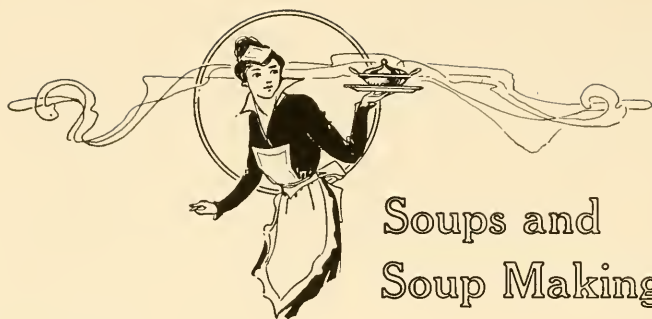
Cut bread into strips, free from crust and toast lightly or saute in butter. Place a sardine on each, sprinkle finely chopped white of egg along one side of fish, and yolk put through vegetable sieve on opposite side. Set an olive at one end of strip and a sprig of parsley at the other; season all with paprika and sprinkle lemon juice over sardine. Serve at beginning of dinner as an appetizer.

### Cheese Fingers

Cut bread into long strips and spread lightly with butter creamed with pimientos rubbed through a coarse strainer and season liberally. Cover thickly with grated cheese, sprinkle with paprika and heat under a gas flame until cheese melts. Serve at once.







## Soups and Soup Making

### Soup Making

Soup is like the sun. It must be looked forward to three hundred and sixty-five days in the year. The art of soup making is puzzling in its scope, and the young housekeeper will do well to confine her efforts to the less complex method of making a good "stock," which may be strained, put in jars and placed in the ice chest to be used as a base for any number of delicious soups.

Gelatine is a substance found in bones, tendons and gristly part of meat. It is dissolved by long, slow cooking, and it gives flavor to soups and stews. Some bone is always used in their preparation.

Clear soups, such as bouillon, rice or spaghetti, are the best dinner soups. A puree, bisque or a soup containing milk, thickening of butter and flour, barley and egg yolks make nutritious as well as delicious luncheon soups.

Procure soup bone, proportion one pound of meat to three-fourths of a pound of bone. Wipe with a damp cloth, put in cold water (in proportion of one quart of water to one pound of meat and bone), add a bay leaf, three whole cloves, six pepper corns, a bit of mace and parsley, one small red pepper without seeds, a tablespoon of salt and a cupful of tomato pulp. Cover closely and simmer for three hours, then add an onion and carrot cut fine and cook two hours longer. Be careful that soup does not boil. When done add a teaspoon of Kitchen Bouquet and a very little cayenne pepper. Strain through a sieve and let it stand until the sediment settles, pouring off the clear part only, or clarify with white of egg if preferred. This may be used as a foundation for rice, macaroni, tapioca, noodle or okra soups.

### Easy Vegetable Soup

Two teaspoonfuls extract of beef, two quarts of water, one-half cup carrots, one cup potatoes, one-half of a small onion chopped fine, one-half cup celery, three tablespoonfuls tomatoes, one-half tablespoonful parsley, two tablespoonfuls butter, one-half bay leaf, one-half cup of rice, salt and pepper. Chop vegetables and add with rice to water with salt: cook until tender (about thirty minutes), then add extract of beef, bay leaf, parsley and seasoning. Tomato Bouillon may be used instead of tomatoes. One or two tablespoonfuls tomato bouillon to each quart of soup.



### Mock Turtle Soup

Have the butcher split and clean a calf's head, then place it in a large kettle of cold water with two pounds of beef shank (cut in pieces), two sliced onions, half a cupful each of celery and carrot, one quart of tomatoes, a bay leaf, several cloves, a teaspoonful of black pepper and a tablespoonful of thyme. Allow this to simmer, closely covered until calf's head is done, when it should be removed and the cooking continued another hour. Blend one-half cup of butter with one-half cup of flour in a sauce pan, add to the stock (which has been strained and salted) and simmer fifteen minutes, then add the meat from the calf's head cut in pieces, also a glass of sherry and a teaspoonful of Kitchen Bouquet. Add a slice of lemon and two slices of hard cooked egg to each service.

### Split Pea Soup

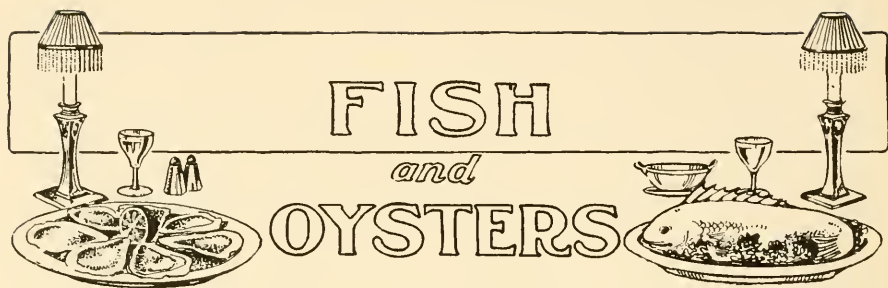
Take one quart of lamb stock twenty-four hours after cooking for the foundation for this soup; put in a large kettle, and in a small vessel put two onions cut fine, one bay leaf, two stocks of celery, one can of peas; add salt, and when cooked tender press through a vegetable press; add to lamb stock. Return to range, add two tablespoonfuls of minced parsley, a little paprika, two tablespoonfuls of sugar. Then blend together one tablespoonful of butter and two of flour until smooth; add one cup of cream and one of milk, the pea puree, bring to a boil, and serve with toasted croutons.

### Tomato Cream Soup

Cook one can of tomatoes for twenty minutes with a pint of water, a bay leaf, a bit of mace and parsley, half a dozen cloves and pepper corns, two teaspoonfuls of salt and a small sliced onion. Heat three cups of milk, thicken with four teaspoonfuls of flour and allow ten minutes for cooking. Add one-half teaspoonful of soda to the hot tomato, strain through a coarse sieve and add to the thickened milk with three tablespoonfuls of butter just at serving time. A tablespoon of whipped cream sprinkled with paprika and placed over each service of soup is pleasing to both the eye and palate.







## HOW TO SELECT AND PREPARE FISH AND OYSTERS

**F**ISH BEING cheap, forms a valuable substitute for meat, though it contains less nourishment.

Fish should never be eaten except when perfectly fresh as otherwise it is harmful and sometimes positively poisonous. On account of its strong odor it should never be put in the ice box with other food, unless closely covered. Rich fish, like salmon, should be boiled, though baking and broiling are the best methods of cooking fish. In selecting fish examine the flesh and see that it is firm, and that the eyes are bright and full and the gills red.

### Broiled Finnan Haddie

Select a thick fish, put flesh side down in a pan of cold water, let come to a boil and simmer fifteen or twenty minutes; wipe dry, brush with melted butter or olive oil, and broil on both sides. Serve with Maitre d'hotel butter made as follows: Beat to a cream one-fourth cup of butter, add half a teaspoonful of salt, dash of paprika, one-half a teaspoonful of finely chopped parsley, then gradually beat in one teaspoonful of lemon juice.

### Baked Salmon Trout

Have the fish opened at the gills and the intestines drawn out through the opening, make a stuffing of one-half a pint of bread crumbs, one tablespoonful of melted butter, one teaspoonful of salt, dash of pepper; mix the ingredients, fill into the fish, baste with a liberal quantity of butter previously blended with flour, put in oven and bake slowly about an hour, basting frequently with butter and water. When done have ready in a sauce pan one cup of cream (diluted with a few teaspoonfuls of hot water to prevent clotting), in which has been stirred two tablespoonfuls melted butter blended with one scant tablespoonful of flour, and a little chopped parsley.

Heat sauce in a double boiler, and add gravy from the dripping pan, boil up once to thicken. Lay the fish on a heated platter, garnish with parsley and lemon slices. (Tiny potato balls accompany the dish nicely.)



## FISH AND OYSTERS—Continued

### Broiled Fish

Split open a firm white fish and remove the bone. Spread with soft butter, dredge lightly with flour and season with salt and pepper. Place fish on a buttered pan or fish sheet and cook under the gas flame, the time depending on the thickness of the fish. Serve on a hot platter and garnish with slices of lemon and parsley.

### Chartreuse of Salmon

Parboil one cup of rice, then add milk and cook till done. Butter a mold and line it with rice. Fill the cavity with one pound of salmon, flaked, and seasoned with salt, pepper and lemon juice; cover this with rice and steam one-half hour, then turn out on a hot dish and pour over it the following sauce; blend two tablespoonfuls of butter with two tablespoonfuls of flour, heat one pint of milk, add blended flour and butter, one-half teaspoonful of salt, dash of cayenne and two hard boiled eggs chopped fine. Let it boil once and serve very hot.

### Fish Timbales

Cook together until soft one-half cup of stale bread and one scant cup of cream, add one tablespoon of soft butter, one teaspoon of salt, speck of pepper and two beaten yolks of eggs. Cool slightly and mix thoroughly with one and one-half minced cooked fish. Add stiff whites gently, put in buttered mold and steam one-half hour. Finely minced chicken, ham, calves liver and other meats may be used in the same way.

### Sardines in Aspic

Cook together for half an hour, a sliced onion, carrot and stalk of celery, a bit of parsley, a bay leaf, mace, several whole pepper corns and a pint of water. Add a teaspoonful of beef extract and one of salt and a third of a box of gelatine, which has been softened in half a cup of cold water. Color this a delicate green with Burnett's color paste and strain all through a cloth. Pour a very thin layer into a plain mold and when it is firm, decorate with slices of white of egg and cooked beet, cut in any fancy shape, cover with liquid jelly and when this is hardened, add a layer of drained sardines. Continue with jelly and fish until mold is filled and chill well before serving. Garnish with slices of lemon covered with minced parsley, and serve with strips of graham bread covered with whipped cream and Parmesan cheese.





## FISH AND OYSTERS—Continued

### Fish Creams

For one cup of cooked fish (any firm variety will do, and lobster, shrimp or crab meat may be used) flaked fine, make a custard of one scant cup of milk, two egg yolks and a little salt in a double boiler. When smooth and thickened, pour this over two tablespoonfuls of gelatine softened in two tablespoonfuls of water. Stir frequently until cool and stir into the prepared fish and add last a cupful of whipped cream with more seasonings as desired. Pour into individual molds or one large form lined with rings of green peppers and set aside to chill. If small molds are used turn fish out onto uniform slices of tomato, and serve mayonnaise or Tartar sauce separately, seasoning the former with tomato catsup.

### Planked Fish

A plank from any hard wood in which there is no resin may be used for planked fish.

Select white fish or shad, although any white fleshed fish is good planked. Secure a plank which will fit the underneath portion of your gas stove; in a gas stove fish is planked in the broiling oven. The plank should be at least one inch thick, a little wider than the fish and as long as the oven. Rub board thoroughly with salt and put it under the gas to heat. Split open a firm fish and remove the back-bone, as soon as the plank is heated, put on the fish skin side down, spread with soft butter, dredge with flour, dust with salt and pepper and put under the gas just as far from the flame as possible; keep the lights turned up rather high until the fish has taken on a good color; then turn them down and cook slowly twenty minutes. Have ready pared four large potatoes; put them at once to boil, when done, mash; add one-half cup equal parts hot milk and cream, a teaspoon of salt and whip very light. Put them into a pastry bag, at the end of which you have a star tube. As soon as the fish has browned, remove it from the oven, and press the potatoes through the tube, making a circle of roses the entire round of the plank; put back in the oven and bake about ten minutes longer; garnish with lemon and parsley and serve.

Your first accomplishment of this delicious dish, little home-maker, will please your "gude mon" beyond expression.

Oysters are more largely used than any of the shell fish, and though they give a pleasing variety they are an expensive food. In buying, select those that are plump and free from green spots. Always wash oysters in cold water, allowing one-half cup of water to a quart of oysters, lifting each oyster separately by its round tough muscle, and rinsing it in the liquor. Strain the liquor through a fine strainer and save to use in cooking oysters.



### **Oyster Stew**

Clean one quart of oysters according to directions. Put the strained oyster liquor into a stew pan, heat to the boiling point, skim off any skum that may rise, add oysters and cook until they are plump and the edges curl. Add one quart of hot milk, which has been seasoned with one-half tablespoonful of salt, one-fourth teaspoonful of pepper and three tablespoonfuls of butter. Be watchful that you do not overcook oysters, as they will be tough and unpalatable if you do.

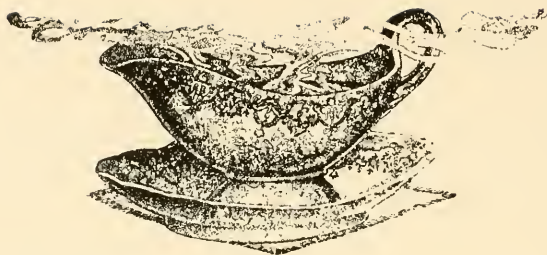
### **Broiled Oysters**

Select large choice oysters, and dip each one in seasoned buttered bread crumbs. Broil quickly on each side under gas flame and serve with celery sauce or horse radish sauce.

### **Escalloped Oysters**

Wash and drain one quart of oysters, strain the liquor (there should be about one cup). Season a pint of cracker crumbs with salt and pepper and half a cup of melted butter. Place alternate layers of crumbs and oysters in greased baking dish. Two layers of oysters and three of crumbs are sufficient; add one-half cup of milk, the oyster liquor and pour over the whole. Bake in rather a hot oven twenty-five to thirty minutes, till crumbs are nicely browned.





## APPROPRIATE SAUCES TO SERVE WITH FISH AND OYSTERS

### Sauce Berlin

Cook two cupfuls of tomato with a cupful of boiling water, a slice each of onion, carrot and celery, sprig of parsley, bay leaf, three cloves, salt and pepper, for twenty-five minutes. Blend three tablespoonfuls of flour with three of butter, melt and add the strained tomato stock and one-fourth teaspoon of soda. Add a scant cup of thin cream to the sauce, let it boil up once. Serve with baked fish.

### Horse Radish Sauce

Cream one-fourth cup of butter, add gradually four tablespoonfuls finely grated horseradish with a little salt, and half a teaspoon of lemon juice, one-fourth teaspoon of pepper, and let it boil up once. A beaten egg may be added before the sauce is cooked if desired.

### Sauce Tartare

This is made by adding two chopped olives, one gherkin, one tablespoon of capers and one tablespoon of parsley chopped fine, to one-half pint of mayonnaise. Bernaise sauce may be used as a foundation.

### Fish Sauce Piquant

One tablespoonful of chopped parsley, rubbed to a paste with the yolks of three hard boiled eggs, add one teaspoon of yellow mustard, one tablespoon of Worcestershire sauce and two tablespoonfuls of butter, rubbing constantly, then add juice of one lemon, dash of paprika, one tablespoon of onion juice; add gradually, one-half pint of fish stock in which the fish was cooked. Add salt and a very little white pepper. Cook until thick as Custard. A tablespoon of flour is sometimes needed to thicken it sufficiently. It should be creamy and of a consistency like custard. Pour over the whole fish on platter; garnish with wedges of lemon dipped in chopped parsley.





**Anchovy Sauce**

Beat three tablespoonfuls of tarragon vinegar with two bay leaves and six pepper corns for five minutes, then add three yolks of eggs (placing sauce pan over boiling water) and three tablespoonfuls of anchovy paste, season with paprika and mix with a cup of whipped cream or plain cream if a thinner sauce is desired. You will find this a nice sauce for baked or boiled fish.

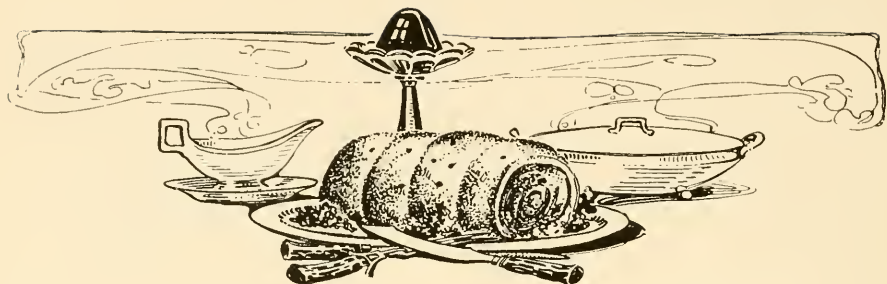
**Hollandaise Sauce**

Cream one-third cup of butter, add one tablespoon of flour and one-half teaspoonful of salt, dash of cayenne pepper and one tablespoonful of tarragon vinegar or lemon juice. Add one-half cup boiling water and thicken over hot water. Add two beaten egg yolks stirring all the time. The sauce should be like boiled custard. If cooked too much it will curdle. This is one of the most used of fish sauces.

**Cucumber Sauce**

Chop or grate two cucumbers and drain well. Season with salt and pepper, add a tablespoonful of lemon juice or tarragon vinegar, and onion juice if liked; mix lightly with a cup of whipped cream. Heap this in the scooped out halves of the cucumber (boat shaped), add a few sprigs of parsley, and serve at once.





## MEAT VALUES

**F**EW YOUNG housekeepers know the various cuts of meats and their respective values. Considering the high cost of meat, you will do well to early learn the value of the cheaper cuts. Meat is the most nutritious of all foods. As the juice contains most of the strength-giving part of the meat, it should always be cooked in such a way as to retain the juice. Cuts of meat having muscles that were much used when the animal was alive contain more juice than those from parts where the muscles were used less. They are more strength-giving because of this fact, though less expensive. Only comparatively tender meat should be broiled or roasted. In selecting meat see that it is firm and fine grained; if beef, see that it is well mottled with fat and bright red in color. The lean of good veal is light pink, and the fat white and clear. Mutton and lamb rank next to beef in their strength-giving qualities. Veal and pork are less nutritious and harder to digest, and should be used less frequently. Fresh pork should never be eaten in warm weather. Bacon, next to butter, is the most easily digested form of fat.

Remove the wrapper from meat as soon as it comes from market; the paper absorbs the juice. Never put meat on ice without a plate under it. For boiling, plunge meat into boiling water and let it boil about ten minutes; this is done to quickly cook the outside, so that the juice will not escape; then set over a slow fire and keep the water just below the boiling point. Meat cooked in this way will be tender and juicy. A properly broiled piece of meat is browned nicely on the outside and the whole inside is red and juicy. Pan broiling is a good method of cooking steaks and chops when a bed of coals or a gas oven is not available. The frying pan must be piping hot when the meat is put in, and must be frequently turned, as when broiling over coals, or under a gas flame. In cooking roasts the heat of your oven must be governed by the size of the roast. The smaller the roast the greater the heat may be first ten minutes of roasting, after which the heat may be reduced. The time for cooking meats depends so much upon the size, cut, and amount of surface exposed, and quality of meat that it is impossible to give exact rules in this brief talk of ours. The following table will, however, be a partial guide. Veal and pork need longer cooking than beef, and for roasting, do not require as hot an oven.



### Time Table for Broiling

- Neck or shoulder of mutton, per pound, fifteen to eighteen minutes.
- Fresh tongue, per pound, twenty-five minutes.
- Corned tongue, per pound, thirty minutes.
- Ham, per pound, thirty minutes.

### Roasting

- Beef rib, rare; per pound, seven to ten minutes.
- Beef rib, well done; per pound, twelve to fifteen minutes.
- Beef rib, rolled; rare; per pound, twelve minutes.
- Beef rib, rolled, well done; per pound, fifteen minutes.
- Shoulder of mutton, per pound, eighteen to twenty minutes.
- Leg of lamb, per pound, sixteen minutes.
- Leg or breast of veal, per pound, thirty minutes.
- Pork, sparerib or loin, per pound, twenty-five minutes.

### Broiling

- Beef steak, one-half to two inches thick, fifteen to twenty minutes.
- Chops, seven to nine minutes.
- Spring chicken, twenty-five to thirty minutes.
- Quail, fifteen to twenty minutes.

### Roast of Beef

Select choice rib roast and remove small end of bone, leaving a standing roast. Score the edges of meat with a sharp knife and place on rack in open pan. Sear the meat well under gas flame, reduce heat when meat is crisp, season well and finish cooking in upper oven, basting meat often with fat in the pan. Turn flame out twenty minutes before roast is done. Make a gravy with four tablespoonfuls each of meat fat and flour and a pint of stock or boiling water. Season well, add a trifle of Mapleine or Kitchen Bouquet to color and flavor, and strain before serving. My author tells me meat cooked in this fashion is like the roast prepared over an open fire. Certainly no such flavor or juiciness can be obtained by roasting in a wood or coal oven.

### Baked Ham a la Virginia

Use a ten pound skinned ham. Cover with boiling water and let stand until cool enough to handle; then scrape thoroughly put on in cold water and let boil about three hours; then put ham in baking pan, lean side down; dredge the top well with sugar (brown sugar is best), a little mace, grated nutmeg and paprika; cover with grated bread crumbs, and bake in a moderate oven an hour to an hour and a half.



### Spring Lamb

Procure a nice hind quarter and remove some of the fat that is around the kidneys; skewer the lower joint to the fillet. Heat gas oven for ten minutes before using, then place the meat under a flame and turn occasionally until each side is crisp. Season lightly with salt and pepper and dredge with flour; reduce heat and baste every fifteen minutes with fat in the pan. Allow one and one-half hours for a five pound roast cooked medium. Serve mint sauce and green peas with this roast. For gravy place small end bone and trimmings from the meat in a shallow pan with a quart of water. Add salt, pepper, parsley, a bit of onion, and green pepper as convenient. Let this cook slowly an hour or more, then strain, blend with one-fourth cup each of flour and fat, strain and add Kitchen Boquet to season and color.

### Broiled Steak a la Delmonico

Select a sirloin one and one-half inches thick, trim the edges and remove bone. Prepare a marinade with a half-teaspoon of salt, a little chopped parsley, dash of cayenne pepper, a bruised bay leaf, two whole cloves, and two tablespoons each of olive oil and lemon juice. Place the steak in this marinade and turn occasionally, keeping it in over night if possible. Remove the herbs and broil under a hot flame. When seared on both sides reduce the heat and finish cooking more slowly, allowing about fifteen minutes for a steak one to two inches thick. The flame may be extinguished for the last few minutes of cooking, but should be lighted full about ten minutes before broiling is begun to insure an intense heat.

A steak marinated in this way from six to twelve hours will be deliciously tender.





# MEAT SAUCES

## **Brown Mushroom Sauce**

Melt three tablespoons butter in frying pan, add one tablespoon minced onion and cook slowly ten minutes. Add one pint of mushrooms (if fresh mushrooms are used they should be peeled) cut in small pieces and cook ten minutes. Then add three tablespoons of flour and brown it lightly. Pour in one and one-half cups stock or water (liquor from canned mushrooms may be used), and when smooth season well with salt and pepper.

## **Creole Sauce**

Chop fine two tablespoons of onion and four tablespoons of green peppers and cook five minutes with two tablespoons of butter. Add one and one-half cups of canned tomatoes drained and six chopped olives; then add one cup of stock or water and bring to a boil. Add salt and pepper and serve with broiled fillet of beef.

## **Cranberry Sauce**

Wash and pick over one quart of cranberries. Add one pint cold water and put over fire in a covered sauce pan and let simmer, not boil, until each berry bursts open. Remove the cover, add one pound of sugar and boil hard twenty minutes. The berries should not be stirred.

## **Pimiento Sauce for Chicken**

Make one pint of cream sauce with one-fourth cup each of butter and flour and two cups of rich milk; season well with salt, pepper and paprika and add one-third cup of pimiento rubbed through a strainer. A little lemon or onion juice may be used instead of pimientos and enough paprika used to give sauce a pink tinge.



## MEAT SAUCES—Continued

### Sauce Bernaise

Put one tablespoon of butter in a small sauce pan with the yolks of two eggs and two tablespoons of vinegar or lemon juice. Set this in boiling water and stir until it thickens, add another tablespoon of butter, continue the stirring and add a third spoon. Season with salt and cayenne, add a teaspoon of minced parsley and tarragon vinegar. Onion juice may be added.

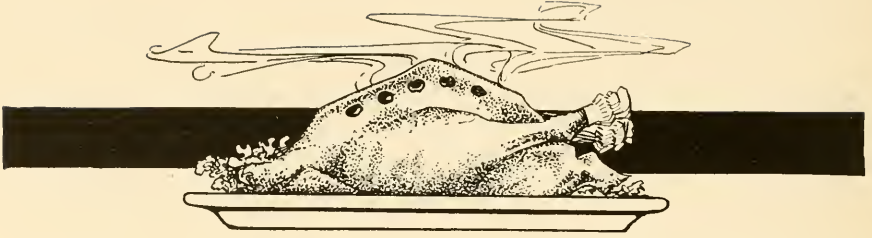
### Mint Sauce

Chop fine the well washed leaves of a handful of mint, and pour over them a cupful of boiling water and add two tablespoons of sugar. Cover and let stand in a cool place an hour to fuse, then add one-fourth teaspoon of salt, a dash of paprika, and four tablespoons of vinegar. Mix thoroughly and serve with spring lamb.

### Cream Sauce

Blend together two tablespoons of butter and two of flour until smooth; add one pint of milk, set pan containing mixture in a pan of boiling water and place over the fire and stir until the mixture is smooth and thickened. Remove from the fire, add one teaspoon of salt and a little white pepper. This sauce will be your "staple" in the making of all creamed meats, fish and poultry dishes, and green vegetables on toast and in pastry shells.





## GAME AND POULTRY

**P**OULTRY, which includes chicken, fowl, turkey, duck and goose, is a strength-giving and muscle-making food. It is less nutritious than the cheaper cuts of other meats, but more readily digested, particularly the white meat of chicken. Two years spent next door to a chicken fancier, who really knew his hobby, afforded me a very good knowledge of the fowl. In selecting poultry examine flesh, skin, feet and legs. A desirable chicken will have soft feet, smooth skin and plump breast; the end of the breast bone being pliable. Pin feathers will indicate a young bird. A good turkey has smooth, dark legs, full soft breast and white plump flesh. When preparing poultry for cooking be careful to clean most thoroughly. When drawn, cleanse the bird by holding it under the cold water faucet and allowing the water to run through till perfectly clean; then wipe the inside with a clean cloth that there may be no possible danger of the stuffing when cooked having a disagreeable taste. Remove all clotted blood from the heart, cut off any part of the liver which has a greenish color, remove the lining from the gizzard, thoroughly wash and boil all giblets in slightly salted water, until tender, using both giblets and stock in which they were cooked in making gravy to be served with the fowl.

### Roast Chicken or Turkey

After the bird has been carefully dressed and rinsed inside with a teaspoon of soda dissolved in a little water, dry inside and out with a clean cloth; rub the inside with a little salt and fill cavity with the stuffing made of one and one-half cups of bread crumbs moistened with just enough luke warm water to soften; add teaspoon of salt, one-fourth teaspoon of white pepper, one teaspoon of sage (if you like it) and three tablespoons of melted butter. To this may be added either one pint of oysters chopped a little, or one pint of chestnuts blanched and cooked until tender. Press nuts through a vegetable press or mash with potato masher and add to stuffing. When onion or celery is liked instead of oysters or nuts, use two tablespoonfuls of chopped onion, or one-half pint of chopped celery, and fill the cavity and sew up the bird with fine twine or coarse thread, skewer the legs and wings to the body, rub it over with a little butter, salt and pepper, and dredge with flour. Place in pan with breast down, pour over one cup of hot water, and place in oven. Baste frequently while roasting.



### Broiled Young Chicken

Prepare a small young chicken for broiling and spread lightly with soft butter; add salt, pepper and dredge with flour. Cook slowly under the gas flame for twenty minutes, basting and turning once; then increase the heat and brown well. Place on hot platter, spread with soft butter, dash of paprika and serve. Parsley and toast points make an attractive garnish for the dish. Serve piping hot with Pimiento Sauce.

### Roast Duck

Secure a young, fat duck and prepare for the oven as you would a chicken. Instead of the usual stuffing, use apples, pared, cored and quartered. Season duck with salt, pepper and one bay leaf; put in roaster breast down, add water to half cover the duck. Cover and roast three hours in a moderately hot oven.

Your "best man" will smile his thanks to you for this effort.

### Mamsy's Smothered Chicken

Split a young chicken down the back; season with salt and a little pepper. Spread out on a roasting pan, butter generously and dredge with flour; add a little water, cover with a close-fitted cover and set in a moderately hot oven. When brown, turn, and cook until tender. Place chicken on a heated serving dish. Add to gravy in the pan one tablespoon of flour, a little water and let it boil. Serve with tiny soda or baking powder biscuits. Delicious and easy.

### Four Delicious Squab Recipes

**Broiled**—Clean, wash and split bird down the back; lay in cold water fifteen minutes. Wipe carefully, season with salt and pepper and broil over a bright fire. When done, serve at once on a hot serving platter with sprigs of parsley and toast points.

**Roasted**—Clean, dress and stuff squab as you would chicken; place in oven and baste frequently with butter and water until brown. Salt, then cover tightly until done. Dredge lightly at last with flour. Serve hot with brown gravy made from liquor in the roasting pan.

**Stewed**—Clean and wash carefully and lay in salt water about ten minutes; stuff with a force meat made of bread crumbs, pepper, salt and onion; sew up the birds and put on to stew in enough cold water to cover them; season with pepper and a pinch of nutmeg. Boil slowly in covered sauce pan until tender; take from the gravy and lay in a covered dish to keep warm, then strain the gravy, adding lemon juice and one tablespoon of currant jelly, thickening with brown flour. Boil up once and pour over the birds. Serve at once.





## GAME AND POULTRY—Continued

### Squab Pie

Clean, truss and stuff birds, parboil them fifteen minutes. Prepare a puff paste, line a deep dish with this and lay the birds in, squeeze a bit of lemon juice over them; add pepper, salt and minced parsley; pour over some of the stock in which birds were boiled, put on the paste cover, leaving a hole in the center. Bake one hour.

**Quail Pie**—May be prepared and cooked in the same manner as squab.

### Rabbit Pie (Missouri Style)

Clean and disjoint two young rabbits, cover with boiling water, add an onion, a slice of bacon, a bay leaf, salt and pepper, and simmer, tightly covered, until quite tender. Remove meat to large baker or casserole, thicken the stock with flour and Kitchen Boquet and strain over the meat. Cover with a rich biscuit crust and bake half an hour.

The pie is easier to serve and more attractive as well, if crust is cut into biscuits first, then placed closely together over the meat. Brush over with cream or milk to insure a delicate crispness.

## APPROPRIATE SAUCES FOR SERVING WITH

### Roast Beef

Tomato catsup.  
Grated horseradish.

### Roast Mutton

Stewed gooseberries.

### Roast Lamb

Mint Sauce.

### Roast Pork

Apple Sauce.

### Roast Turkey

Cranberry or celery.  
Plum or grape sauce.

### Roast Chicken

Currant Jelly.

### Boiled Turkey

Oyster sauce.

### Broiled Steak

Mushrooms—Fried onions.

### Pigeon Pie

Mushroom sauce.

### Roast Goose

Apple sauce.

### Fried Salmon

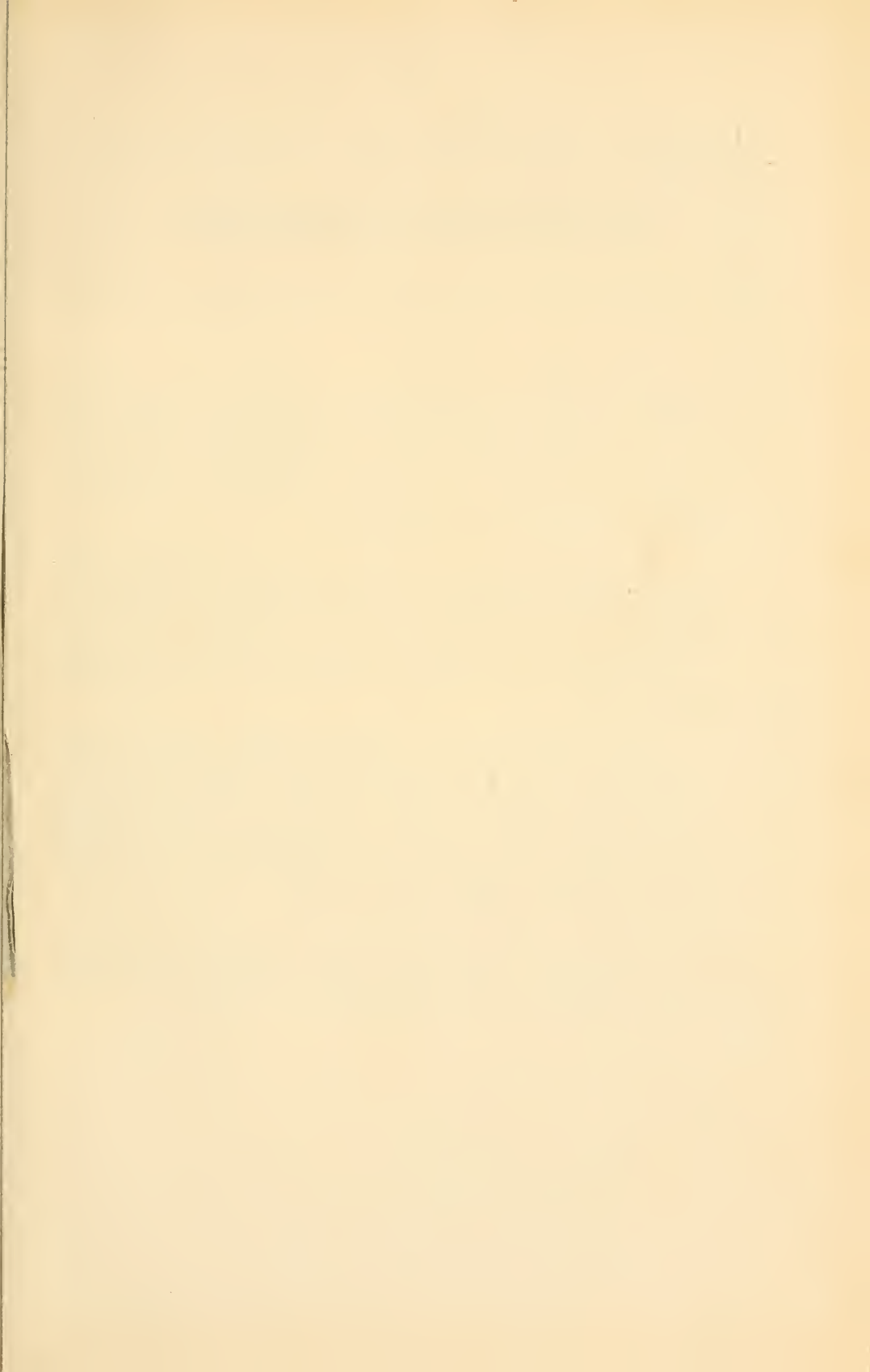
Egg sauce.

### Broiled Mackerel

Stewed Gooseberries.

### Boiled or Baked Fish

White cream sauce.  
Drawn Butter sauce.  
Hollandaise sauce.



## PAPER BAG COOKERY

**H**AVE OVEN moderately hot for all paper bag cookery, and grease inside of bags lightly for meats and fish. These bags come in assorted sizes for various purposes, are made of chemically prepared paper, and are both air and moisture proof. The method of using them is very simple, and they have many advantages over cooking in pans.

Place the food flat in the bag, preparing with all seasonings as for serving, exclude the air by light pressure, fold ends over, moisten the tags and press into place. Set the bag into the oven so that paper does not touch the sides and do not move it until done, when it may be tested by a slender hat pin without breaking the bag open.

Sweet potatoes cook in forty-five minutes without forming a thick, hard skin. Small sausages cook in fifteen minutes without odor or spattering grease. Chicken split, buttered and seasoned, will cook in forty-five minutes, also stuffed tenderloin in same time. Fish cooks perfectly with no odor and retains juices and flavor. Green peppers cut into strips and salted are fine baked in bag about twenty minutes.

Roasts are lightly seasoned before cooking and cook evenly with no attention. Loaf bread may be also baked successfully by this method, with no watchfulness from the cook.



<h2>ENTREES, BREAKFAST AND LUNCHEON DISHES</h2>
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### Chicken Mousse

(To be served as Cold Entree or Salad)

Prepare one pint of the meat by removing the breasts from one or two cooked chickens and running same through the meat chopper two or three times until reduced to a fine powder. Moisten two tablespoonfuls of granulated gelatine in half a cup of cold milk and then dissolve by setting it in boiling water. Have in readiness one pint of whipped cream which has been drained quite dry. Season the chicken with salt, pepper, a dash of nutmeg, and some lemon juice, mix thoroughly with the dissolved gelatine and then fold in lightly the whipped cream. Place in a wet loaf pan (long and narrow preferred) and chill on the ice. Turn out on platter at serving time and surround with a mayonnaise of celery garnished with olives and celery tips.

### Potatoes en Surprise

Line a baking dish with mashed potatoes whipped very light, seasoned with one-half teaspoonful of salt, one tablespoon of melted butter, and one-fourth cup of heated cream. Fill cavity with a pint of oysters, heated in a cream sauce. To the remaining potatoes add the well beaten white of one egg and cover the oysters, pressing through a vegetable sieve. Put in oven to brown (about ten minutes). Serve garnished with hard boiled eggs cut in quarters, and place in the center a large star cut from a scarlet sweet pepper.

This makes a delicious luncheon or supper meat dish, served with tiny baking powder biscuits, and may be served with roasted chicken or turkey as a dinner dish.

### Sweet Bread Cutlets

Wash, parboil and simmer for twenty minutes one pair of sweetbreads, adding a slice of onion, one-half teaspoonful of lemon juice and a bay leaf, with a teaspoonful of salt. Drain well, and when cool remove skin and membrane and cut in large slices. Make white sauce with four tablespoons butter, six of flour and one cup of milk; season well with salt, pepper and lemon juice. Cool this also, and then put two slices of meat together with sauce, coating it well. Bread and fry like croquettes, and serve with green peas or a sauce.



**Mushrooms a la Cream**

Drain one can of mushrooms and saute five minutes in a little butter; then add a cream sauce made of two tablespoonfuls of butter blended with three tablespoonfuls flour, one-fourth cup of juice from the mushrooms, one-fourth teaspoon salt, dash of pepper and one cup of cream (if you can spare it). Serve on rounds of toast or in pattie shells.

**Banana Fritters**

Sift together one-half cup of flour and one-fourth teaspoonful of salt, drop the yolk of one egg into the center of the mixture, add slowly one-fourth cupful milk; when milk is about half used, beat the mixture until very smooth and stir in the rest of the milk. Cover the batter and set aside for an hour or more. When ready to use, fold in the white of the egg beaten dry. Remove the skin and the coarse threads from the bananas, cut them in halves crosswise, then cut the halves lengthwise and dip pieces in the batter, and fry in deep fat to a golden brown. Serve sprinkled with powdered sugar and cinnamon, or lemon juice, as a dessert dish, or with currant jelly or a hot sauce as an entree with meats.

**Currant Jelly**

Melt half a cup of currant jelly in a cup of boiling water; add half a cup of sugar and let cook five minutes, then stir in a teaspoonful of corn strach made smooth in a little cold water; let it cook five or six minutes, than add a teaspoonful of butter and a teaspoonful of lemon juice.

**Pineapple Fritters**

Soak thin slices of pineapple in lemon juice two hours. Beat separately the white and yolks of four eggs; stir into the yolks a scant cup of sifted flour, and a salt spoon of salt; beat the batter well and add two tablespoonfuls of cream, then stir in the well beaten whites of eggs. The batter should be thick enough to drop from the spoon. When batter is ready dip in the pieces of pineapple and fry in hot fat. Drain on soft paper and serve with pulverized sugar and lemon juice.

**Pineapple Syrup**

Save the waste pieces, rind and core of pineapple. Add to them one cup of sugar, two cupfuls of water and the rind of one-quarter of an orange. Boil until sirupy. Strain through a vegetable press. Use this syrup for flavoring, or pour it over fruit salad, or it may be heated and served with fruit fritters.





**Egg Cutlets**

Cook three eggs twenty minutes; when cold remove the shell and chop very fine; put one cup of milk in a double boiler; mix one tablespoonful of butter and two of flour; add to it the scalding milk and cook until it is a smooth, thick paste; add to the chopped eggs a tablespoonful of chopped parsley, one teaspoonful of salt, a few drops of onion juice and a pinch of pepper; mix well and turn out to cool; then shape in cutlet shape; dip in egg; then in bread crumbs and fry in hot deep fat; remove, drain on paper and stick a small piece of parsley in the end of each cutlet; have ready a cream sauce, to which you have added a cup of peas; arrange the cutlets on a hot platter, and pour around them the cream sauce.

**Shredded Wheat Biscuit with Strawberries**

Prepare berries for an ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapples, bananas and other fruit, fresh or preserved, can be served with shredded wheat biscuit in the same way.

**Eggs a la Milanaise**

Beat four eggs just enough to mix whites and yolks, then add one tablespoonful cream, three tablespoonfuls of tomato sauce and two tablespoonfuls Parmesan cheese, salt and pepper. Put one tablespoonful of butter into frying pan; when melted turn in egg mixture. Cook and serve as an omelet.

**Shirred Eggs**

Melt butter in heated shallow dishes, or ramekins and carefully break one or two eggs into each. Season lightly, add a tablespoonful of rich milk for every egg and cook in moderate oven until the yolk is set. Finely sliced meat slightly moistened may be placed in dish before adding the egg, or a spoonful of thickened meat gravy instead of milk makes a pleasing change. Eggs may be cooked in the same way in hollowed out tomato halves or green peppers.

**Omelet a la Washington**

Let one cup of milk come to a boil, then pour it over one cup of fine bread crumbs, and let it stand while stirring six eggs. Season with one-half teaspoonful of salt, a little white pepper and add the soaked crumbs. Put a large table spoon of butter in the omelet pan; when hot, but not brown, put in omelet and cook slowly; when brown, fold and serve at once.



### **Luncheon Eggs a la My Husband**

For six persons prepare a cream sauce with two tablespoons each of butter and flour and one pint of milk, to this add a cup of grated cheese, season with salt and paprika. Pour half the sauce into a shallow baking dish and break over this six eggs, and cover with remainder of suace. Sprinkle the top with cheese and bake about ten minutes, or just long enough for the eggs to set. (This tastes mighty good to a traveling man).

### **Eggs en robe de Chambre**

Peel six uniform potatoes. Bake in the oven; when done cut a piece from the side of each potato and remove the meat, leaving a firm shell. Beat well and add one tablespoon melted butter, salt to taste and sufficient heated cream to make fluff. Press through a vegetable sieve, lightly fill potatoes, make a cavity in each potato and drop in an egg. Dust with salt and pepper, replace the round cut from the potato, set the potatoes in a baking pan, put them in the oven a few minutes until the egg is set. Serve with slices of bread and butter. New and delicate.

### **Needles and Pins**

(Small points about Eggs)

Cooking eggs in boiling water renders them tough and indigestible; for this reason the water in which they are cooked should be kept below the boiling point.

### **Soft Boiled Eggs**

Put eggs, one at a time, into a sauce pan of boiling water. Cover and set on the stove for five or six minutes.

### **Hard Boiled Eggs**

To have eggs cooked fine through and through, place them in rapidly boiling water, cover and set away from the flame where they will cook below the boiling point for twenty-five or thirty minutes. If they are to be sliced, let them cool in the water in which they were cooked and they will slice smoothly.

Eggs taken raw, in a spoonful of wine, can be digested by the most delicate stomach. They are rich in muscle-making materials, and may be used as a substitute for meat. They should be combined with starchy food, such as potatoes, rice or bread.





## RECEIPTS FOR VEGETABLES



**S**ELECT fresh, firm, crisp vegetables. It never pays to buy wilted or partially decayed ones, no matter how cheap. They are unwholesome and dear at any price. Prepare vegetables and let stand in cold water half an hour before putting over the fire in boiling water, which should not cease boiling until the vegetable is cooked. Green vegetables should be cooked in slightly salted water, underground vegetables and those containing starch in unsalted water.

### Timely Hints

Unless you are a graduate from a domestic science school, little Mrs. Newlywed, or better still, from your Queen Mother's Kitchen, you will be terribly in doubt as to the length of time vegetables should be boiled. We have time only for a few hints and suggestions, but they may help to scatter the clouds of uncertainty. Every day you will have the company of your splendid teacher—**experience**—and will soon find that most vegetables are oftener overcooked than undercooked.

Green corn will require only about fifteen minutes boiling, while asparagus should cook thirty minutes, and fresh peas, new potatoes, young cabbage, cauliflower, fresh tomatoes, summer squash and carrots, thirty-five minutes. Young beets, turnips, string beans and lima beans should boil about three-quarters of an hour. Medium sized sweet potatoes and squash will bake in thirty-five or forty minutes; potatoes require forty-five to sixty minutes. Baked potatoes are considered most wholesome, even for the invalid. They are cooked to their perfection when baked in a paper bag (see paper bag cookery), but where this method of cooking is not provided for, the potatoes may be boiled in salted water for ten minutes, then put into the oven, they will bake more quickly than if placed cold in the oven.

To preserve the color of green vegetables, put them on to cook in boiling water with a pinch of soda; or keep the cover off the kettle while boiling.

### Potatoes Hollandaise

Scrape new potatoes and cook until tender in boiling water. Drain well and cover with Hollandaise sauce.



**Caramel Sweet Potatoes**

Boil one dozen small sweet potatoes in two quarts of hot water until tender. Peel and arrange in a shallow baking dish and sprinkle them with one teaspoonful of salt. Then pour over them a sauce made from one cup of hot water and one and one-half cups of brown sugar and two tablespoonfuls of butter, boil ten minutes; or roll potatoes in melted butter and dredge thickly with granulated sugar and brown in oven. After the sauce has been poured over the potatoes they should be put into a moderate oven and baked until nicely browned.

**Macaroni Milanaise**

Cook half a package of macaroni in three quarts of salted boiling water until tender. Drain well and cover with cold water for ten minutes or more. Cook one can of tomatoes fifteen minutes with a bay leaf, a bit of mace, onion, cloves, parsley, salt and pepper; strain and thicken with one-fourth cup each of butter and flour blended together, or use a small can of tomato puree. Drain macaroni again, mix with sauce, add one cupful of chopped green peppers parboiled, or cooked meat, as ham, calves liver or tongue, if for supper or luncheon, and serve at once or put into a baking dish. Sprinkle top with grated cheese, or buttered cracker crumbs, and bake one-half hour.

**Delicate Cabbage**

Slice a small cabbage and cook in boiling salted water uncovered about twenty minutes or until tender. Drain well and mix lightly with a white sauce made of three tablespoonful each of butter and flour and one and one-half cups of milk. Season well, place in baking dish and brown.

**Corn Oysters**

To one can of corn add salt, pepper, half a cup of flour sifted with one teaspoon of baking powder, and one tablespoon of butter melted and two well beaten eggs. Fry on a griddle by the spoonful and serve very hot.

**Stuffed Onions**

Remove the outer skin from six spanish onions and par-boil twenty minutes. Drain well, cut a slice from top of each onion and remove center carefully, leaving a cup nearly an inch thick. Chop the portion removed quite fine and mix thoroughly with an equal measure of cold cooked veal or chicken, one-fourth teaspoonful of salt, one-eighth teaspoonful of pepper, one tablespoonful of chopped parsley, one-half cup of soft bread crumbs and one-fourth cup of melted butter. Put a spoonful of the mixture into the hollow of each onion, then put in two or three chestnuts that have been shelled, blanched and boiled tender, finish filling the onions with the prepared mixture. Bake slowly three-quarters of an hour, basting three or four times with butter melted in hot water. Fifteen minutes before the time for serving sprinkle the tops with buttered crumbs and brown in the oven.





## VEGETABLES—Continued

### Sweet Potato Croquettes

Press two cups baked sweet potatoes through a vegetable press; add two tablespoonfuls of melted butter, one tablespoonful of sugar, one fourth teaspoonful salt. Mix and form into cylinder croquettes; dip in crumbs and fry in deep hot fat. Drain on soft paper and serve with a cream sauce. Always keep white paper napkins in the kitchen for use in cooking.

### Cauliflower Clusters

Remove all leaves from a firm white cauliflower and soak for an hour in salted water. Remove, place in white cloth, and boil thirty minutes, then drain well. Separate the head into flowerets and roll each in seasoned bread crumbs. Beat two eggs slightly with three tablespoons of water and roll each piece of the cauliflower in this liquid, then finish with a second coating of crumbs. Fry in deep hot fat and heap in the center of a serving dish. Pour a white sauce around the cauliflower.

### How to Prepare Green Peppers for Stuffing

In preparing peppers for stuffing, select those of uniform size, wash and plunge in boiling water for about ten minutes; then drop into cold water to keep them green, cut off the stem end and scoop out the seeds and inside of the peppers; fill with any combination or meats you may desire.

### Peppers with Creamed Fish

Parboil the peppers ten minutes, then fill with creamed fish of any kind. Then sprinkle with a layer of fine crumbs, dot with butter and brown lightly in a quick oven. Creamed carrots, cauliflower, sprouts and many other vegetables may be baked in the pepper cups and served either as a vegetable or an entree. Filled with potatoes au gratin and browned, they are a delicious accompaniment for chops and steaks.

### Tomatoes Creole

Cut tomatoes into thick slices, dredge with flour and fry rather slowly in half butter and half drippings until nicely browned. Place on heated serving dish and keep warm while making the sauce. Fry equal quantities of chopped onions and green peppers in the fat remaining in pan quite slowly and add some cut tomato (the end slices may be used for this purpose). Let simmer ten minutes, add seasoning of curry powder if liked also minced parsley, and pour around cooked tomato.





## NEW SALADS, PICKLES AND JELLIES

### Stuffed Tomato Salad

Chill and drain tomatoes after peeling and fill with cut celery and green peppers mixed with mayonnaise; the tomato pulp also may be used after draining well. Another satisfactory filling is cucumber, tomato pulp and pecans; and a little onion may be added to either when liked. A spoonful of anchovy, celery, tomato, and caviar with mayonnaise is a fine relish, if well chilled. Sardines and hard cooked eggs make a satisfactory filling, with bits of lemon pulp.

### Red Aspic Jelly

Simmer for a half hour one can tomatoes, one bay leaf, one slice onion, six pepper corns, bit of mace, four cloves and one teaspoon salt. Strain while hot over two-thirds box gelatine which has been softened in half cup of cold water and add one tablespoon of tarragon vinegar. Strain again and mold individually. Serve with mayonnaise dressing.

### Roquefort Salad

Cut in quarters a crisp head of lettuce. Make a French dressing with half a teaspoon each of salt and paprika, three tablespoons of tarragon vinegar and half a cup of olive oil into which has been crumbled half a cupful of Roquefort cheese. Have all ice cold; place lettuce in pretty serving dish, pour dressing over and serve with crisp wafers and coffee, hot, strong and clear. A salad men are particularly fond of.

### Salad Martinique

Shred crisp head lettuce and form deep nests; fill the centers with cut apple and white grapes (halved and seeded). Place across the top match like strips of celery in lattice fashion, and over these arrange some strips of pimiento. Sprinkle one spoonful of chopped nuts over each serving and serve with either mayonnaise or French dressing, made with lemon juice instead of vinegar. Always shred lettuce with scissors.



**Frozen Tomato Salad**

Soften one teaspoon gelatine in one-third cup strained tomato juice one-half hour, then dissolve by pouring over it the boiling hot tomato juice from a quart can of tomatoes pressed through a colander. When cold, add one teaspoon of salt, juice of one lemon, ten drops onion juice and put in freezer and freeze to the consistency of wet snow; then add one cup finely cut English walnuts or pecans, and pack in molds for an hour. Serve on shredded lettuce, with a cooked dressing.

**Oyster Salad**

Select medium sized oysters and scald in their own liquor; drain and chill. Place on lettuce leaves, sprinkle well with lemon juice, salt and paprika, and pour over all mayonnaise or cooked dressing diluted with whipped cream, and mixed with an equal amount of celery as oysters. Serve with saltines which have been buttered, peppered lightly with cayenne and heated in the oven.

**Chicken Salad**

Cook a fat fowl slowly in boiling water, with a slice of onion, a bay leaf, sprig of parsley and salt. Cool in the liquor and cut with shears into uniform pieces, rejecting all the skin and fat. Allow three teaspoons of olive oil and one of lemon juice to a pint of chopped meat; mix thoroughly and let stand for an hour. Have in readiness one cup of cut celery and half a cup of blanched almonds, coarsely chopped. Mix these with the chicken adding a few chopped olives and six small pickles chopped fine. Mix well with mayonnaise; and if winter time allow the salad to freeze. Chicken salad is much improved by being allowed to freeze.

**Combination Salad**

Mix a scant cup each of cut celery, thinly sliced cucumber, diced tomato, apple and a few spoonfuls each of sliced green peppers, radishes, and young onions with a French dressing and serve on cress or lettuce leaves.

**Paradise Salad**

Combine chopped apple, white grapes (halved and seeded), sliced bananas, orange, pineapple, chopped celery, English walnuts or pecans and Maraschino cherries, stuffed with blanched almonds. Mix lightly with a cooked dressing, made fluffy with shipped cream and serve on beds of shredded lettuce.

**Cooked Salad Dressing**

Beat two whole eggs until thick and lemon colored. Blend one teaspoon of mustard, one-half teaspoon of salt, one sixteenth teaspoon of cayenne with two tablespoons sugar in a small pot, add one-third cup of vinegar and put over the fire. When mixture reaches the boiling point, pour over beaten eggs, return to the fire and cook over boiling water till it thickens, beating with a dover egg beater. Remove from the fire, add two tablespoons butter



## SALADS—Continued

one teaspoon of strawberry extract and beat with egg beater until cold. When ready to use, thin with cream whipped stiff. Use dover egg beater.

It is a matter of economy to make cooked salad dressing with the egg yolks left from making a white cake. It may be put in jars and set in the ice chest, and will keep for days.

### Mayonnaise Dressing

Mix with one egg yolk, one teaspoon lemon juice and a little salt and paprika, also mustard if desired. Add gradually olive oil until thick enough to form. Add oil more freely alternating with one tablespoon each of lemon juice and vinegar, tarragon preferred; or two of either, using three-fourths cup all together. Material must be ice cold. Make thinner with whipped cream at serving time.

### French Dressing

One teaspoon salt, one-fourth teaspoon paprika, dash of cayenne, six tablespoons olive oil and two of vinegar.

### Corn Salad

Twelve ears of corn cut from cob, chop two pounds of cabbage, eight large green peppers, four onions, two heads of celery. Add a small box of mustard one cup of sugar, one cup of vinegar and salt well. Cook twenty minutes and can. This will challenge the appetite.

### Sliced Cucumber Pickles

Slice fifty cucumber, twelve sweet peppers and eight onions. Cover with a cup of salt and let stand four hours; then drain four hours and if too salty wash with clear water. Put into granite kettle and cover with half vinegar and half water. Add a large handful of white mustard seed and a large tablespoon of celery seed. When ready to boil add two tablespoons of flour and two of ground mustard well mixed with cold vinegar, stir in the pickle and seal while hot.

### Cucumber Mangoes

Take two dozen or more large sized cucumbers and weight down in cold strong brine for nine days. Soak in clear cold water two days, then place a layer of grape leaves and a layer of cucumbers in a granite pan with a lump of alum the size of a walnut broken fine. Place on stove and let steam ten minutes or more; remove and cool. Slice cucumbers open lengthwise, remove seeds and fill cavity with seeded raisins and finely chopped lemons (it is much easier to run lemons through a food chopper). Six lemons and two pounds of raisins will fill two dozen cucumbers. After filling sew them up and place in jar and cover with hot spiced vinegar. Slice one or two lemons in the vinegar, and any pieces of cucumber unfilled can be put in. Re-heat vinegar nine days; cover and set away for future use.



**Peach Honey**

Select eight pounds well flavored ripe peaches. Seald with boiling water, then place in cold water and remove skin. Put fruit through a meat grinder, add eight pounds of sugar and two cans of grated pineapple; cook forty minutes. It must be stirred almost constantly at the last to prevent scorching. Put into glasses and cover well with melted paraffin.

**Grape Conserve**

Pulp six pounds of grapes and cook with a little water until pulp can be run through a colander; then add skins and four pounds of sugar and cook for ten minutes; add two pounds of seeded raisins, four oranges cut fine, and orange peeling chopped fine. Cook to the consistency of jelly, put in glasses and cover with paraffin. Serve with chopped nuts and whipped cream.

**Quince Honey**

Grate four quinces and one apple. Boil three pounds of granulated sugar and one pint of water three minutes; add grated quince and apple and boil twenty minutes, stirring to prevent scorching, put into glasses and cover with paraffin.

**Barberry Jelly**

Jelly made from barberries is almost as clear and to many quite as delicious in flavor as the more expensive currants. It needs a touch of the frost to give it the dark crimson color and "tang" that makes it so acceptable. A good deal of sugar is required as the fruit is extremely acid. Free the berries from stems, wash and allow to every two quarts of berries one-half cup of water. Cook until the juice will press out easily, take from the fire, mash with a wooden spoon, then strain and measure the juice. To each pint of juice allow a pound of sugar and proceed as with currant jelly.

Barberries combine well with apples, quinces, pears and raisins. They are often put up with the latter, using a pound of raisins to every five pounds of berries. With apples allow a dozen sour apples to each four quarts of berries. For decoration purposes the barberry can scarcely be excelled. Its rich color renders it exceedingly effective either in the decoration of game, cold meats or fancy dishes.

**Spiced Gooseberries**

Place in the preserving keettle five pounds of gooseberries (capped and stemmed), one pint of vinegar, four pounds of sugar and two tablespoons each of ground cinnamon and cloves, cook all slowly about two hours, stirring it often during the last hour, as it scorches easily. Put into jelly glasses and when cold cover with paraffin. This keeps indefinitely and is excellent with either cold meats or to serve with steak.

**English Chutney**

Chop three pounds each of ripe tomatoes, onions and apples, and add three pounds of brown sugar; to this add three teaspoons each of salt, allspice and cinnamon, two teaspoons cloves, one teaspoon cayenne pepper. Use ground spices. Put all in a preserving kettle and barely cover with cold vinegar; set over the fire and let simmer for about one hour. When nearly done throw in two handfuls of currants and one of raisins. Put in jars or glasses, and cover with paraffin. Delicious with meats.

**Cherry Olives**

Fill a quart jar with large ripe cherries, leaving the stems on. Dissolve two tablespoons of salt and two of sugar in equal parts of water and strong cider vinegar (about one pint of each), pour over the cherries and seal. They will be ready for use in ten days, but will be more delicious in thirty or sixty days. A unique olive and most delicious.

**A FEW SALAD SUGGESTIONS**

Always thin cooked and mayonnaise dressings with whipped cream. This makes a light, fluffy dressing required to produce a dainty salad. These dressings may be used with the following combinations:

- Bananas rolled in chopped nuts.
- Deviled or stuffed eggs and lettuce.
- Apples, celery and almonds.
- Tomatoes filled with crab meat and capers, or chopped vegetables, apples and nuts.
- Pineapple, banana, orange, cherries and nuts.
- Sweetbreads and mushrooms.
- Jellied chicken and chicken salad.
- Sliced cooked fish with chopped olives.

**French Dressing** is used with these and like combinations:

- Cooked spinach with hard cooked eggs.
- Grated cucumber, onions and lettuce.
- Baked beans, minced onion and dill pickle.
- Chopped cabbage, red and green peppers with grated horse radish.
- Combination salad.
- Cooked vegetables, as cauliflower, string beans, beets, carrots and lettuce mixed with capers or chopped pickle.

# DON'TS

## FOR MRS. NEWLYWED'S PRESERVING DAY

**Don't** attempt to put up anything by guess work. Preserves, jellies and pickles all require exact measurements to be perfect. Every fruit needs its own time for cooking. Get a preserving and pickling book and follow the directions to a "t". Or better still, ask the good housekeepers you know for their recipes and write them down word for word.

**Don't** think you can put up a large quantity of fruit as easily as you can a small one, however experienced you may be. There is a deal of standing to do, and interest flags when the body is weary. Much good fruit is spoiled on preserving and canning day because it was put up when the housekeeper had reached a listless and exhausted stage.

**Don't** think that you can be economical with sugar when preserves and jellies are on hand, for you will find this a great mistake. In the first place, fruit stinted of sugar seldom keeps, and in the second place, it has no taste. Jelly will not "jell" if the fruit juice and sugar are not measured exactly, according to directions. But sometimes the jelling process is delayed for some reason or other, even when there is enough sugar. In this event put the jelly in the sunshine for a little while, where the action of the bright light will produce a desired change.

**Don't** think you can be entirely successful in all your canning and preserving and pickling if you have only makeshift tools. Proper implements save time. They are more likely to bring success. The utensils needed for a good batch of work are a preserving kettle, well cleaned and dried jars, several jelly bags, half of cheese-cloth and the remainder of heavier cloth; a long handled spoon; a puree sieve, two or three large bowls, a ladle, pair of scales, a quart, pint and gill measure and a canner.

**Don't** think because your family consists of only two that you must use quart jars. As all the fruit cannot be eaten at once, it is more sensible to put into pint jars and jelly glasses; for sealing the latter use paraffin, which is sold by the pound. Have about a quarter of an inch of wax at the top of the fruit and seal up the tumblers with letter paper put on with white of egg, or library paste.

**Don't** think because you haven't a regular boiler for your fruit jars your nice things will spoil in the making; when I did not have a wash boiler, I used a ten pound lard can, purchased for fifteen cents from my grocer; but the water must never come up to the top of the jars, and they must stand on something while the boiling is going on or they will break. You might cover the bottom of the boiler with straw, or folded newspapers, if you haven't a trivet, then put over the covering some weight or other to hold it down. The jars should be at least two inches under water, and if bottles are boiled the water should reach one inch below the cork. After the jars have been placed in the boiler, pour the water in cold and place on the stove where it will come to a slow boil.

**Don't** forget that the time for boiling depends entirely upon the fruit, and if you have lost the recipes pin this memorandum up in the kitchen:

Peaches should boil from twenty to thirty minutes; ripe pears about thirty minutes; plums about fifteen minutes; apricots twenty minutes; pineapple forty-five minutes; berries of all kinds five minutes; cherries five to ten minutes; quince about twenty-five minutes.

**Don't** forget that when the time for boiling is up the jars should be removed from the water and set upside down to cool. Set them upon a dry table, as the least drop of cold water will crack the jars.

**Don't** forget to fill up the slack jars with hot syrup as soon as they are taken from the bath; then close them at once, turning each one upside down when the top is tight.

**Don't** forget when canning vegetables that the same filling up of slack jars is made with boiling water, but the jar must be at once sealed and boiled again for five or ten minutes.

**Don't** forget when jars are cold to examine each one to see if it is air tight; then if all is well, wipe the jar off with a clean wet cloth and set them at once in a cold dry place.

**Don't** forget the fruit of the vine when you are wondering what to put up, especially the wild grapes, which come in with the last of September. The flavor of these is incomparable, and everything from preserves to wine may be made of the fragrant grapes.

Now if you want to lay aside money with which to purchase a gift for your "gude mon" at Christmas and for which he is never to see the bill, don't forget that the good grocery stores pay a good price for first-class home-made products of any sort. The labels must be written by hand, on neatly cut slips of letter paper. This gives the home look, and if the real home taste is inside the jar the grocer will take the batch however small or big.



## BREAKFAST CAKES AND BISCUIT HINTS

**T**HE OVEN should be heated before the cakes are ready to be baked, the pans greased before the mixture is prepared.

Always sift flour before it is measured, then sift again, with other dry ingredients. The eggs are next well beaten and added with the milk to the dry mixture. The shortening, which may be either butter, lard or a compound, is usually melted and added last. After ingredients are thoroughly mixed all should be well beaten, put in greased pans and baked at once. Iron pans, gem and deep pop-over pans, must be heated as well as greased. These mixtures require a hot oven and should bake in twenty or twenty-five minutes. Biscuits require only five or ten minutes to bake. Soda biscuits are better if the dough is allowed to stand two or three hours before baking, while those made with baking powder should go immediately into the oven.

### Graham Gems

To one egg well beaten, add one and one-half cups of sour milk, one-half a tablespoon brown sugar, and one-half a teaspoon of salt, mix one-half teaspoon of soda with a cup of graham flour and add to the egg and milk mixture, then add more flour to make a stiff batter, and one tablespoon of melted lard. Drop from spoon into well greased hot gem pans and bake fifteen minutes in a hot oven.

### Jim Pops

Beat the yolks of two eggs and add two cups of sweet milk and one teaspoon of salt. Sift two cups of flour and add gradually to the milk and egg mixture, using a dover egg-beater; add one tablespoon of melted butter, then fold in the stiffly beaten whites of eggs. Pour into hot, well-greased pop-over pans and bake in rather a hot oven, thirty minutes or more, according to size. Serve promptly.

### Waffles

Sift together two cups flour, two teaspoons of sugar, two teaspoons of baking powder and one teaspoon of salt and add to the well beaten yolks of two eggs. Add one-fourth cup each melted lard and butter, beating well with a dover egg beater; then add lightly the well beaten whites of eggs. Have waffle irons hot and well greased.



## BREAKFAST HINTS—Continued

### Baking Powder Biscuits

Sift together one pint of pastry flour, three teaspoons of baking powder, one-half teaspoon of salt and one teaspoon of sugar, add one tablespoon each of butter and lard, blending with tips of fingers. Moisten with milk as soft as can be handled, using a knife instead of a spoon for mixing. Roll out on a well floured board, cut in small biscuits and bake in a very hot oven.

### English Scones

Sift one pint of flour twice with a teaspoon each of salt and sugar, also three teaspoons of baking powder. If made with sour milk or buttermilk use one-third teaspoon of soda and one of baking powder. Rub into the flour two tablespoons of lard and one of butter, also add yolk of an egg. Moisten with milk, roll lightly until round in shape, cut into quarters, brush over with milk and bake quickly. Add currants if for tea. Serve very hot with butter.

### Spoon Corn Bread

Set one pint of milk over the fire and let it come to the boiling point; sift in three-fourths cup of yellow corn meal, stirring all the while; let it boil up once and take from the fire; add one teaspoon of salt, one tablespoon melted butter and the unbeaten yolks of three eggs. Beat hard for three minutes; then fold in the stiffly beaten whites of three eggs and bake about twenty minutes in a greased baking dish from which it is to be served. When done serve with a spoon immediately. A Southern dish, old and delicious.

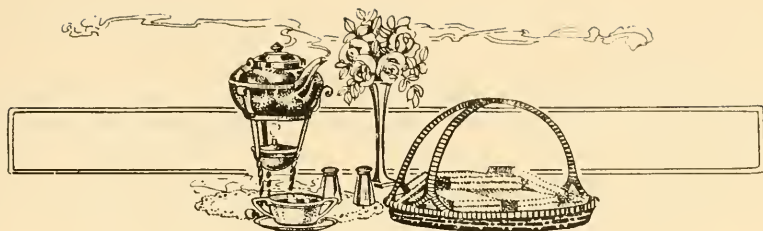
### Yeast Bread and Rolls

Make sponge with one cup warm water, one cup milk and a quart of flour, and one cake compressed yeast dissolved in one-half cup of water. Cover and leave in a warm place. When light, stir well, add two teaspoons salt and a tablespoon softened lard if desired. Beat in flour until stiff enough to knead, then knead until smooth. Let it raise again, form into two loaves, when light bake about three-fourths of an hour. Sugar may be added, but in very small quantity. Shortening retards the rising of bread and sugar hastens it.

For rolls, make sponge with scalded milk, slightly cooled, and add more shortening; let it raise twice before shaping into tiny rolls little larger than your finger, and about three inches long. Brush rolls with melted butter, when very light bake in a hot oven. Shape bread sticks with hands and bake crisp.

### Nut Bread

To one quart of white bread sponge add one cup of sorghum molasses, one cup of nuts, either English walnuts or pecans chopped, and sufficient whole wheat flour to make a soft dough; turn out on board and knead well; form into loaves, let raise and bake as you would white bread.



## SAVORY SANDWICHES

Drained English Chutney mixed with a little French mustard and lemon juice; buttered whole wheat bread.

One-fourth cup of butter creamed with a tablespoon each of lemon juice and capers, four small pickles and six olives chopped, and a seasoning of onion is a savory filling.

Pressed veal and tartare sauce with whole wheat bread.

Salmon, lemon juice, butter and sliced pickle.

Slice of chicken, slice of tomato, mayonnaise, lettuce and white bread.

Sardines, split and boned, lemon juice and paprika.

Brown bread, grated cheese, butter and chopped nuts.

Meat or fish salad with lettuce and white bread.

Chopped veal with horse radish.

Whole wheat bread, roast beef and horse radish butter.

Rye bread, chopped Spanish onions and butter creamed with paprika.

Chopped peanuts, salt, shredded lettuce and very thick cream, whole wheat bread.

Chop fine the white meat of cold chicken and mince with an equal part of blanched almonds. Add a little shaved celery and form into a paste with highly seasoned salad dressing. Spread between layers of white and brown bread.

## Epicurean Sandwiches

Cream one-fourth cup of butter with a tablespoon of French mustard, half a teaspoon of Kitchen Boquet, a little paprika and celery salt. Add to this two finely chopped eggs, a tablespoon each of minced pickle and capers, and a little anchovy paste. Spread on very thin slices of bread and put together like layer cake, using six slices together. Press firmly and wrap in a cloth, then set aside with a light weight on it, for an hour or longer. When ready to serve cut in thin slices. Alternate layers of white and graham bread make attractive looking sandwiches, and a nut and fruit filling may be used.

### Sweet Sandwiches

Equal quantities of chopped figs and dates mixed with a little thick cream and spread between layers of nut bread makes delicious sandwiches.

Chop fine equal quantities of dates, figs, candied cherries, and blanched almonds; soften to a paste with pineapple juice and spread between slices of white bread buttered.

Finely chopped conserved fruits, such as pears, apricots, limes, cherries and pineapple. Wine or lemon juice and whipped cream slightly sweetened spread on layers of cake or lady-fingers.

Nasturtium sandwiches are prepared with white or whole wheat bread and butter, both packed in an air tight box over night with the nasturtium blossoms. This perfumes each, and thin sandwiches are made and garnished with fresh flowers.

When mayonnaise is to be used for sandwiches, three or four egg yolks should be substituted for one; it retains its consistency when spread.

### Picnic Triangles

Chop very fine one cup of raisins, two apples, one-fourth pound of citron; add juice and grated rind of one lemon and three-fourths cup of sugar. Roll out a sheet of pastry, spread with the fruit mixture, and cover with another sheet of pastry. Cut into triangles, press edges together and bake in a moderate oven. Wrap each triangle in paraffin for picnics. These are delicious served with coffee.







## CHEESE

"Cheese is a saucy elf,  
Digesting all except itself."

### Cheese Straws

Make a paste of one cup of flour, three-fourths cup of grated cheese, one-half teaspoon of salt, a little cayenne, tablespoon of soft butter, the yolks of two eggs and cold water to moisten. Roll thin, cut into narrow strips after spreading with unbeaten white of egg and bake quickly.

### Almond Dainties

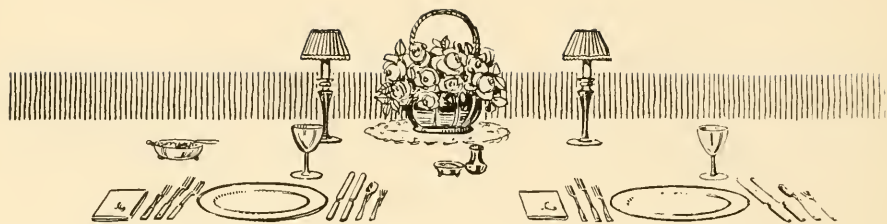
Make rich pie pastry, roll and cut into narrow strips; place in shallow biscuit pan and cover thickly with grated cheese and finely chopped blanched almonds. Bake in a quick oven and serve with salad.

### Cheese Balls

To one cup grated cheese add one-fourth teaspoon of salt, speck of paprika and a few drops of Worcestershire sauce, beat whites of two eggs stiff and add enough of this to moisten cheese. Make into balls. Roll in bread crumbs and fry in deep fat. Serve hot in a nest of curly lettuce. A similar mixture with larger amount of egg white made soft enough to handle with a spoon may be dropped on wafers and baked slowly until firm.

### Cheese Puffs

Place half a cup of water and one-fourth cup of butter in a sauce pan over the fire and when this is boiling add four table-spoons of flour and two of corn starch, which has been sifted together. Beat thoroughly while cooking for several minutes; remove from the fire and stir in half a cup of fresh grated cheese. Season with salt and paprika and beat in two eggs singly. Press the mixture through a pastry bag on a well greased baking sheet, making balls less than two inches across. Bake in a very moderate oven about twenty-five minutes until light and firm. These may be served warm or split open when cold and filled with whipped cream to which has been added salt, pepper, and a little Parmesan cheese.



## MAKE YOUR DINNER A SUCCESS

**I**DEAL service is always that which is least obvious. It is far better to keep things simple than to be pretentious. If you cannot afford help, a meal that is inexpensive and simple should be planned—and made “perfect.”

The success of a company meal depends largely upon the accessories. The relishes, surprise fruits, the multitude of cheese dainties and the flowers are to a dinner like the trimming to a dress—relieving the plainness, and lending an artistic finish that the finest meal will not attain if they are omitted.

Most young housekeepers have the common impression that these dainty and appetizing titbits can be prepared only from caviar, anchovy paste and other expensive ingredients, when in reality the most ordinary materials skilfully combined, are as savory and more acceptable because they have the “home touch.”

Canapés make a most acceptable beginning for either a dinner or luncheon. And while it bears a foreign name, the canapé is not necessarily an elaborate French concoction, but rather a dainty little morsel prepared to whet the appetite.

If the color scheme is to be used, the canapés or other beginnings, as well as some feature of each course, should be planned accordingly. Oyster cocktail or crab-meat canapés are adaptable to a pink or green color scheme. To make the latter, cut bread in rounds a quarter of an inch thick and with a sharp knife remove all crust, sauté them in butter and toast in the oven. Then cover lightly with a mixture of crab-meat pounded to a paste and mixed with mayonnaise; spread over this a thin layer of green-pepper paste made as follows: remove the cores and seeds, then boil peppers until they are very soft, and pound to a paste, adding a little lemon juice, olive oil, salt and paprika. Arrange a flower of crab flake in the middle, fashioning the center from a bit of red pimiento.

Tiny cream cheese balls, sprinkled with paprika, may garnish the edge. This dainty course may be served on a small plate, covered with a paper doily. The service should include a small fork.

## DINNER—Continued

When canapés are served hot, some other course, fish or entree, is omitted.

In any case canapés, as well as sandwiches accompanying other courses, must be small, with decided piquancy in seasoning and combination. Only then are they capable of filling their mission, that of stimulating the digestive juices, through both eye and palate.

Raw oysters and clams, whether served plain or with lemon, dressed up in a cocktail or baked on the half shell, are always served as a first course at a dinner, and are permissible at a luncheon.

When canapés do not inaugurate the meal, piquant sandwiches are sometimes used as relishes with various courses; capers, olives and pickles chopped and having a seasoning of lemon juice and onion between thin slices of white bread, for instance, being passed with escolloped oysters; or a nut butter, olive and fruit sandwich club style, may be served with certain salads. A dainty sandwich plate, or one of the many pretty baskets is suited to the service.

Cheese may always compose the first course of a dinner, accompany the salad, or may be served at the end of the meal, but should not be repeated in the same menu. A well planned menu never reiterates flavors.

Unless the occasion is informal or the weather very warm fruit has no place at the beginning of a dinner, but is admissible as the first course of a luncheon, because the whole meal is of light character.

The fruit cup is always decorative. Tall sherbet or frappe glasses are suitable for the service, and should always be set upon dessert plates covered with lace or paper doilies. A bit of fern always adds to the appearance of the service.

One of the nicest things about a luncheon is that it may be simple or elaborate as one chooses. But always the appointment must be correct and of the best, even though simple.

For the dinner service, use your best damask cloth with initial napkins 24 to 27 inches square to match, while for the luncheon, sets of doilies are in good taste. These may be of linen, embroidered or edged with lace and consist of center piece, plate and tumbler doilies and may have doilies for the bread and butter plates. You are fortunate if you possess a luncheon cloth of embroidery and lace. They are lovely. They may be made to fit the table top, or if you use a banquet table top (which is removable), the cloth may hang over the edge evenly about ten inches.

China of good quality, but simple in decoration, white and gold preferably, is always in good taste. The way the table is laid depends on the style of the service. Whether or not the food is to be served entirely from the side or partly at the table, and

## DINNER—Continued

whether or not a maid is in attendance. In any case, the silver for all courses up to the dessert is placed in order of use, from outside toward the plate.

The forks are laid at the left, the knives and spoons at the right. The water glass is set at the tips of the knives, the bread and butter plate with butter spreader laid across the plate at the tips of the forks, and the napkins, eighteen inches square if luncheon napkins, are laid at the left, flat or folded over once.

Salted nuts, relishes and surprise fruits, such as strawberry, cherry and white grape creams may be arranged in attractive glass dishes on the table.

The decoration should not be over-elaborate. It is a pretty custom to relate the color scheme to the covers, by the use of flowers for individual favors.

The dinner card novelties always help to start conversation: they break down formality and make the dinner a merry meal.

### Dinner Menu

Crab flake Canapés.	
Roast Chicken.	Currant Jelly.
Potatoes En Surprise.	Stuffed Onions.
Asparagus Tips.	French Dressing.
Small olive and nut butter Sandwiches.	
Sunshine Cake piled with Marshmallow Filling and Whipped Cream.	
Coffee.	Dipped Creme d'menth Cherries.

### Luncheon Menu

Fruit cup.	
Mushrooms in Puff Paste Cases.	
Potato Croquettes.	Peas.
Olives, Cream Cheese, Nut and Lettuce Salad.	
Boston Brown Bread Sandwiches.	
Angel Parfait.	Mocha Cakes.
Coffee.	



### A CORN LUNCHEON

**I**F YOU are an early fall bride, and wish to show your appreciation of the many pretty pre-nuptial courtesies extended to you by your bridesmaids and more intimate friends, you will find a corn luncheon one of the most easily executed of bright ideas. The table may be covered with one of your wedding gifts, a dainty damask luncheon cloth; have for a center piece ears of corn forming an elongated inclosure. Select only perfect ears of corn, and have the pale green husks drawn back and made to lie flat, like the petals of a flower; from them should rise the pearly ears of corn, standing upright partly veiled in filmy corn silk. Arranged within and overrunning this enclosure should be bright blue cornflowers and asparagus fern. Both are so enduring that no water will be required, so the greens and flowers may be arranged in a loose mass, the greens trailing down the table towards either end, and whenever they encounter a candle-stick, wreathing themselves about it. The candle-sticks should stand in a row down the table, and two on each end; they may be made from the long round boxes in which gas mantles come, covered with corn husks; a drop of glue in the top of these will make the candle secure. Little canoes made of cardboard covered with corn husks, will make nice cases to hold the salted almonds and salted popped corn. At each place have a wonderful corn husk doll, bearing an armful of corn flowers, tied with pale creamy ribbons. On one end of the ribbon bow write the guests name and on the other side the date.



Serve the following menu:

Corn Oysters	Cream of Corn Soup	Sliced Cucumbers
	Corn Timbales	
	Mousseline Sauce	
	Hot Corn Meal Gems	
	Green pea and lettuce mayonnaise in corn husk baskets	
	Pimiento Cheese and Olive Sandwiches	
	Apricot Sherbet in Green Jelly cups	
Sunshine Cake	Coffee	Corn Crisps

A few of the dishes are given in detail

### Cream of Corn Soup

Mash the contents of a can of corn as fine as possible, place in double boiler with a quart of milk and cook one-half hour. Place in sauce pan three tablespoons of butter and one of minced onion. Cook slowly ten minutes and add three tablespoons of flour; cook until frothy and then add salt and pepper and stir into the corn and milk. Cook ten minutes more and then rub through puree sieve. Beat well the yolks of three eggs, mix with one-half cup of cream, pour into the soup, cook one minute, stirring meanwhile, and serve with croutons.

### Corn Timbales

To one cup grated corn pulp, add one cup of milk, one teaspoon each of chopped parsley and onion juice, one of soda cracker rolled fine and one teaspoon of salt. Beat two eggs until light, add to the other ingredients. Pour into buttered timbale molds, cool in a slow oven, the molds standing in a pan of hot water until the centers are firm; invert on a pretty dish, garnished with parsley and pour over each timbale a spoonful of sauce.

### Mousseline Sauce

Beat one tablespoon of butter to a cream; add the yolks of three eggs, one at a time, then add three tablespoons of lemon juice, one-half teaspoon of salt and dash of cayenne. Cook over hot water until the sauce thickens, then add another tablespoon of butter and half cup of sweet cream; when sauce is hot, serve. It should be quite thick and frothy.

The timbales may be cooked some time in advance and reheated by standing them in hot water as the oven will be required for the gems.

**Hot Corn Gems**

Cream one tablespoon of butter and one of sugar, add the yolks of two eggs and mix well; place in the flour sifter one and one-half cups each of white flour and corn meal, one teaspoon of salt and two teaspoons of baking powder; add this gradually to the egg mixture with one and one-half cups of sweet milk; fold in lightly the stiffly beaten whites of the eggs and pour into gem pans. Bake thirty minutes in a hot oven. This amount will make twenty-four gems.

**Mayonnaise of Peas**

Mix two cups of cooked chilled green peas and one-fourth pound of blanched almonds chopped fine with one-half cup thick mayonnaise, to which has been added cream whipped stiff. Make little square or oblong baskets of card board, cover with corn husks; a strip of cardboard covered with husk serving as a handle. Fasten a few blue cornflowers to the side and to the handle; line with waxed paper then with pale green lettuce leaves, allowing the leaves to come up about the sides. Fill with mayonnaise of peas, placing a spoonful of the mayonnaise on top. This forms a pretty color effect. Fresh roasted peanuts may be added.

**Apricot Sherbet in Jelly Cups**

Mix a pint of apricot pulp, the juice of two oranges and the grated rind and juice of one lemon; add one pint of syrup (made by cooking for ten minutes two cups sugar and one cup water). Freeze in the usual way.

For the jelly cups, make a lemon jelly by softening one ounce of gelatine in one-third cup of cold water, add one pint boiling water, stir until dissolved; add one cup sugar and when cool, the grated rind of one lemon and the juice of four; stir in enough spinach green to give a pretty green tint, and mold in little border molds, or patent charlotte russe molds. When firm turn out and fill the hollow centers with the sherbet, which may be topped with a spoonful of whipped cream and sprinkled with candied mint leaves.

**Corn Crisps**

Pop some corn and place in a large kettle; boil one cup of molasses, one cup of sugar and one-half cup of vinegar until it crisps when dropped in cold water; pour this over two quarts of corn, measured after popping. Stir well with a long handled spoon. When mixed pour in a shallow baking pan that has been lined with waxed paper; press it down firmly, lay a piece of waxed paper and over this a board smaller than the top of pan, so it will fit upon the mixture. On this place two or three flat irons. The next day remove the weight, board and paper, turn onto a clean board, remove paper from bottom and with a very sharp knife cut into slices. Lay these to dry, then wrap in paraffin paper, or pile as they are on a pretty green plate.



## CHAFING DISH REVELATIONS

THE CHAFING dish was not invented for the sole delight of a college girl, or the concocting of a Welch Rarebit. Chafing dish cookery is necessarily restricted to certain dishes, and while it cannot be used for all purposes, it is possible to boil, broil, stew and fry provided the right kind of materials are used. Realizing that it is not always convenient to start a hot fire in the kitchen if a warm lunch is desired after an evening's entertainment, and recognizing the peculiar adaptability of the chafing dish to purposes of this sort, as well as in one item of domestic economy—made-over dishes—it's value is unquestioned and should place it among the necessary utensils of the household. The fact that there is no necessity for lighting the lamp until the last moment, and that it may be extinguished as soon as the materials are cooked, is a great factor in it's favor and makes alcohol really a cheap fuel. The left-overs of beef, veal, game, chicken or fish may be converted in a few minutes into most dainty viands. To the young homemaker with but one maid, or indeed, no maid at all, the chafing dish is the veriest helping hand. The Monday lunch or supper is quickly gotten without the use of stove or kitchen; and so again the Sunday night supper, and the little informal company lunches afternoons and evenings. Unless the work is arranged in a systematic manner, however, confusion will result. As recipes call for butter by tablespoonfuls which really means an ounce, cut butter in squares of an ounce, drop in ice water for a moment, and then with your butter paddles roll them into balls. Arrange neatly on a pretty dish and stand in the refrigerator for use. Fill a small bowl with flour and have sugar, salt, pepper (white and cayenne), and a little butter dish containing a bulb of garlic accurately measured, ready for use. Measure and put onion and lemon juice into tiny pitchers.

If whipped cream is to be used prepare it in advance, place it in a bowl and keep in a cool place until required for use. Have the meat seasoned and ready to form into whatever cooked dish is to be prepared. Grate the cheese and have the eggs washed and in a separate dish. Wash the parsley and cress. If toast is to be used prepare it in the gas oven or over a coal fire, for toasting cannot be properly done on a chafing dish. By doing all this beforehand your work at the last moment will be greatly lessened.



## CHAFING DISH REVELATIONS—Continued

Chicken saute, omelets and egg dishes, creamed dishes, fish savouries, stews and light ragouts are the most suitable for the chafing dish. When slow cooking is required for creams, rare-bits and sauces the hot water pan should always be used. Use always the blazer for frying or broiling. The chafing dish may be made of any common metals and may cost from seventy-five cents to seventy-five dollars. So far as the results accomplished are concerned, all are about alike. An alcohol filler is a convenience. Place chafing dish on a tray to avoid accident from overflow of alcohol, or the dropping of a match on the table cloth. The chafing dish may be placed on the table before the hostess. Put all necessary materials that must be measured with a spoon on the right hand side, also the butter balls, seasoning in bowls, and the milk, or cream to be used measured and put into little pitchers on the left; also on the right place a teaspoon, a tablespoon for measuring, a long chafing dish spoon and a serving spoon. See that the lamp is filled and matches at hand before being seated. If a recipe calls for butter and flour rubbed together, these may be in the chafing dish before serving time. Always use Kitchen Boquet for browning; this saves time in waiting for butter to brown and makes a more wholesome and palatable sauce.

### Chafing Dish Breakfast

Grape Fruit.  
 Cream of Wheat with cream.  
 Blanket of Chicken.  
 Toast Points.      Coffee.

### Chafing Dish Luncheon

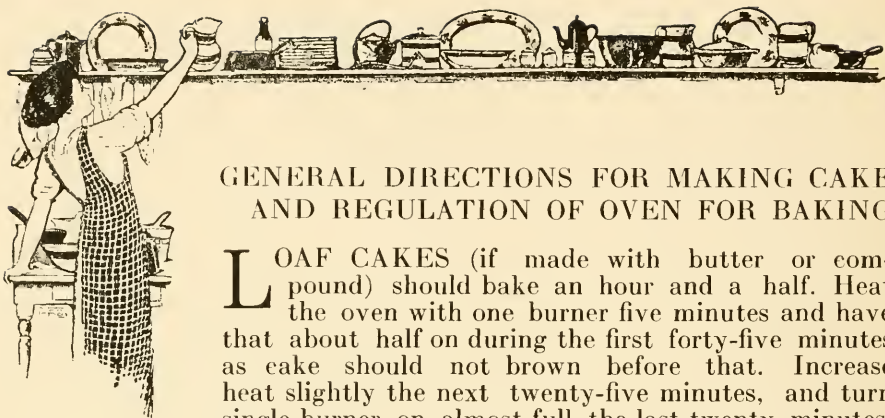
Bouillon.  
 Deviled Oysters.      Rolls.  
 Filled Celery.  
 Wafers.      Cocoa.

### Chafing Dish Dinner

Oyster Cocktail.  
 Sweetbreads a la Newberg.      Rolls.  
 Lettuce with Grape Fruit.      French Dressing.  
 Peanut Cream Sandwiches.  
 Cupid's Butter.      Coffee.  
 Cheese.

### Sweetbreads a la Newberg

Wash one pound of sweetbreads and cover with boiling water seasoned with salt, pepper and lemon juice. Simmer about twenty minutes or until tender, and drain well. Cover with cold water and when cool break into rather large pieces, removing all skins. Make a white sauce with one-fourth cup each of butter and flour, and a cup each of thin cream and white stock and season well. Add to sweetbreads, one-fourth cup each of pimientos and green peppers, cut into pieces (parboiling the latter before using), and when scalding hot stir into two egg yolks blended with a little cream; add four tablespoonfuls of sherry and serve in pattie shells or on toast.



## GENERAL DIRECTIONS FOR MAKING CAKE AND REGULATION OF OVEN FOR BAKING

**L** OAF CAKES (if made with butter or compound) should bake an hour and a half. Heat the oven with one burner five minutes and have that about half on during the first forty-five minutes as cake should not brown before that. Increase heat slightly the next twenty-five minutes, and turn single burner on almost full the last twenty minutes. A pan of hot water on bottom of oven for two-thirds of the time is helpful in baking all cakes. Use the middle slide of oven, and the cake may be covered during process of raising. If pans are to be oiled, they may be oiled and lightly dusted with flour. Sift flour before measuring, then sift three or four times. Measure and have all ingredients at hand. Cream butter, or compound until smooth; gradually add sugar and beat until light and creamy. If yolk of egg is used it should be well beaten and added to butter and sugar. Add milk, a little at a time, alternately with the flour, reserving half a cup of flour, in which sift baking powder and add to cake mixture: stir and beat all well together. Whip whites of eggs stiff, but not dry, and lightly add at the last. See that the mixture comes well to the sides and corners of pan. When done, allow loaf cake to remain in pan until cool, when it will come out easily.

## RECIPES FOR CAKES, FILLINGS AND ICINGS

### Layer Cakes

(To bake twenty-five minutes)

Use both burners to heat oven ten minutes before placing cake in oven. Turn burners out, bake ten minutes with gas out and relight front burner, leaving cake in fifteen minutes longer. When baking a white layer cake, a very delicate and elusive flavor may be obtained by placing two or three rose geranium leaves in the bottom of the pan. Remove them when the cake is put together.

## RECIPES FOR CAKES—Continued

### Angel Food Cake

Heat oven as for loaf cake and bake cake for twenty minutes with single burner about two-thirds on, when cake should be light. Do not open oven door during that time. Then increase heat slightly with single burner and bake until cake is a very light brown, settles even and rebounds from touch. This should bake from forty to fifty minutes. Invert pan when taken from oven but do not remove cake until cold.

### The Cake Walk

'Said the butter to the sugar, 'Will you dance tonight with me,  
'At the cake walk to be given in the Yellow Bowl? 'Twill be  
'The smoothest thing you e'er were in before the evening's end,  
'And the swellest for the Eggs and Baking Powder will attend;  
'Spring Wheat Flour will come also and Sweet Milk, too, will be  
there—

'She's the cream of all the gath'ring and as rich as she is fair,  
'And both Nutmeg and Vanilla may come as a special favor,  
'I hope they will, their presence to the whole thing would add flavor.  
'Tall Granite Spoon will lead us through the dance's mystic maze;  
'He will take us 'round and 'round in a sort of polonaise.  
'It's sure to be exclusive and a very fine affair  
'For only the most proper of ingredients will be there;  
'Yet it's whispered low that later, after the cake walk turn,  
'The party all together to the Oven will adjoin;  
'And if that's true I'll wager a dollar to a dime  
'The whole affair will wind up with a very hot old time."

### Brides Cake

Cream one-half cupful of butter, and add by degrees one and one-half cupfuls of sifted granulated sugar and cream until smooth. Measure two cupfuls of sifted flour and sift five times, to one-half cup of this add two level teaspoonfuls of baking powder and set aside. To the creamed butter and sugar add one-half cupful of milk alternating with the flour; add one-half teaspoonful of pineapple extract together with a few drops of strawberry. Stir and beat well (five to ten minutes). Add flour in which has been sifted the baking powder, then lightly add the well beaten whites of six eggs. Bake in two layers about twenty-five minutes. Put together with marshmallow icing.

### Angel Food

Measure one cupful sifted flour and sift twelve times and measure one and one-half cupsful of sifted granulated sugar and sift six times. Add a salt spoon of salt to eleven eggs and whip until frothy, add one teaspoon of cream of tartar and whip stiff. Add sugar gradually and lightly, then fold in the sifted flour, add a teaspoonful of equal parts strawberry, almond and lemon extract or any flavoring desired and bake in a tube pan. Cover with marshmallow icing flavored with a few drops of rose extract. Do not grease pan.

## RECIPES FOR CAKES—Continued

### Feather Cake

Cream three-fourths cup of butter, or two-thirds cup of Cottolene with one and one-half cupfuls of sugar. Add two-thirds cup of milk alternately with three cupfuls of flour sifted with one teaspoonful of salt and three of baking powder (sift five times), flavor with one teaspoonful of whiskey and one-half teaspoonful each of vanilla, almond and lemon extract. Add stiff whites of six large eggs and bake in a loaf. A tube pan is preferred.

### Sunshine Cake

To the yolks of six fresh eggs add one cupful of granulated sugar, two tablespoonfuls cold water, one tablespoonful of vinegar, one teaspoonful of vanilla and one salt spoonful of salt and beat hard fifteen minutes by the clock. The mixture should be light, thick and lemon colored. Add one salt spoonful of salt to the whites of the eggs and whip stiff, then cut and fold into the egg and sugar mixture. Fold in one cupful of pastry flour which has been sifted several times. Bake in ungreased pan slowly about forty minutes and cool in pan inverted. Serve as a plain cake or with a very sharp knife the cake may be cut into two layers and put together with an almond cream filling. The success of the cake depends upon the proper beating of the egg and sugar mixture and the delicacy of folding in whites of eggs and flour. It is delicious and wholesome. If baked in a wood or coal stove no wetting is required.

### Mocha Cakes

Cream one-fourth cupful of butter with three-fourths cupful of sugar and add two well beaten eggs. Sift one and one-half cupfuls of flour with two teaspoonfuls of baking powder, and add to butter and sugar mixture with half a cup of milk. Flavor with vanilla or a tablespoonful of strong coffee. Bake in gem pans. When cold brush the sides lightly with white of egg which has been beaten just enough to spread, and roll in finely ground nuts. Make a butter icing by creaming one-fourth cup of butter with one cup of powdered sugar, one egg yolk and flavor of strong coffee and spread over top of cakes; then cover with ground nuts patting on lightly with the hands. Delicious for luncheon or tea.

### Apple Sauce Cake

Cream three-fourths cup of butter with two scant cupfuls of sugar and add two well beaten eggs without separating them. Add one tablespoonful of cinnamon and one scant tablespoonful of cloves. Beat well. To two cupfuls of apple sauce cooked dry add two teaspoonfuls of soda, add this to the first mixture, then add three and one-half rounding cupfuls of flour, which has been sifted several times, and one cupful of chopped nuts and one cupful of seeded and floured raisins. Bake in a greased tube pan an hour and a half as you would any loaf cake. No other wetting than the apple sauce is needed and the batter should be stiff enough to drop from a spoon.



## RECIPES FOR CAKES—Continued

### **Marguerites**

Beat the white of one egg very stiff, adding one tablespoonful of granulated sugar and two of powdered sugar. Add as many chopped nuts as the mixture will take, pile on saltine wafers and brown lightly in a slow oven.

### **Marshmallow Icing**

Boil one cup granulated sugar with one-third cup of water until it will spin a thread from the spoon. Have ready eight marshmallows cut in fourths, pour into the syrup and pour all slowly over the stiffly beaten white of one egg. Flavor with a few drops of rose, or strawberry and pineapple, beat until smooth and cover cake at once.

### **La France Icing**

To one-fourth cup of the juice from Maraschino cherries add confectioner's sugar (about one and one-half cups), until thick enough to spread, and use at once; cover with finely chopped pistachio nuts.

### **Chocolate Icing**

Mix three tablespoonfuls of grated chocolate with three of hot cream and gradually mix into this two cupfuls of confectioner's sugar.

### **Almond Cream Filling**

Beat the yolks of three eggs and add one tablespoonful of pulverized sugar; then add one teaspoonful of corn starch made smooth with a little milk. Boil one cupful of sweet cream, stir in the first mixture and cook over hot water until thick. Add half a pound of almonds, blanched and chopped. Very nice filling for sponge cake.

### **Marshmallow Filling**

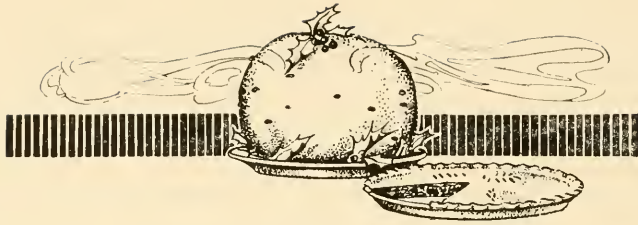
Cut half a pound of marshmallows into small pieces and soak them in cream until soft. Drain and beat the mixture smooth, adding two tablespoonfuls of sherry or other flavoring. Blend lightly with a pint of sweetened whipped cream which is firm enough to hold its shape. Spread between layers of cake and on top and sprinkle with crushed crystalized rose leaves or finely chopped conserved fruits.

### **Lemon Filling**

To one cup of sugar add the grated rind of one and juice of two lemons, also two tablespoonfuls of water. Boil about five minutes, add two beaten egg yolks and when slightly thickened cool and spread between layers of cake.

### **Mocha and Burnt Almond Frosting**

Cream one-half a cup of butter with one and one-half cups of powdered sugar, and work into this very strong coffee, to spread easily. Cover one layer of cake, place the other over it and spread frosting over the entire cake. Have ready blanched almonds well dried, browned in the oven and chopped fine; sprinkle over the cake. Juice of half a lemon adds to the flavor of this frosting.



## PIES AND PUDDINGS

### Pastry

Have flour and shortening very cold before mixing. Sift together three times, one and one-half cups of flour and one-half teaspoon of salt; add one-third cup of butter and lard packed together, cutting it in with a knife, and add just enough ice water to hold it together. Roll out, spread with three teaspoons of butter beaten to a cream and fold to make three layers; turn, roll out and fold for the third time, put in cloth and place on ice. This pastry dough may be kept for a day or two, if kept on ice, making it possible to prepare a pie in a very few minutes when short of time.

### Lemon Pie Filling

Moisten two level tablespoons corn starch with one-third cup of cold water and use this to thicken one cup boiling water. Cook three minutes add one cup sugar, two tablespoons of melted butter, the juice of two and grated rind of one lemon. Pour over three beaten yolks. Bake in open crust and cover with meringue of whites of three eggs and six tablespoons of powdered sugar. Brown in slow oven and serve cold.

### Berry Pies

For barberry, cherry or gooseberry, beat two eggs well for a quart of fruit, and beat into them a cup and a half of sugar sifted with one-fourth cup of flour. Add a little salt and mix thoroughly with the fruit; place in pan lined with pie crust, dot with bits of butter, cover and bake.

### Pumpkin Pie a la Whipped Cream

To each quart of strained pumpkin add while hot two tablespoonfuls of butter, one quart of milk, two cups sugar, two eggs, one teaspoonful of ginger, one teaspoonful of ground cinnamon and one grated nutmeg. Serve covered with whipped cream.

**Steamed Pudding**

Mix together one cup brown sugar, one cup chopped suet, one-half cup Orleans molasses, one teaspoon cinnamon, one teaspoon cloves, one-half nutmeg grated, one pound of seeded raisins and one-half cup nut meats; dissolve one teaspoon of soda and one of baking powder in one-half cup of sour milk and add to two well beaten eggs. Mix all ingredients together and thicken with flour. Steam two and one-half to three hours in baking powder cans. Serve with a hot sauce.

**Woodford Pudding**

Cream together one-half cup of butter and one cup of sugar; add three well beaten eggs and one-fourth cup of sour milk in which has been dissolved one scant teaspoon of soda, alternating with three-fourths cup of sifted flour. Add one cup raspberry jam and bake slowly in a tube pan. Serve either hot or cold, with lemon cream sauce.

**Berry Pudding**

Put two quarts of berries in a baking dish and over the berries pour this batter: Sift two heaping teaspoons of baking powder with one cup of flour; add a beaten egg to one cup of milk and beat in the flour; add one cup of soft butter and bake in a moderate oven. Serve hot with cream or a pudding sauce.

**Baked Indian Pudding**

Five large spoons of cornmeal, five large spoons grated bread crumbs, one cup Orleans molasses, one teaspoon ginger, one quart milk. Scald the milk and pour in the other ingredients allowing it to just come to a boil and pour into a deep buttered dish. After the pudding is in the oven pour in one cup more of cold milk while stirring. After it has baked two hours in a moderate oven add one cup more of cold milk and bake an hour longer. Do not stir. Cover with a plate or earthenware dish the last hour. Serve with hard sauce.



## RECIPES FOR PUDDING SAUCES

### Lemon Cream Sauce

Cream one-half cup of butter and one and one-fourth cups sugar. Add the grated rind of a lemon and four tablespoons lemon juice. Beat thoroughly, heat over hot water and add a little nutmeg when ready to serve.

### Hard Sauce

Cream four tablespoons of butter, add one cup powdered sugar, and cream; add beaten white of one egg, one teaspoon lemon juice and beat well. Pile lightly in a dish and sprinkle with nutmeg.

### Fruit Sauce

Mix together one cup fruit juice, one-half a cup of sugar and one teaspoon of corn starch (made smooth in a little water). Boil all together eight minutes; strain and serve hot with hot desserts and cold with cold desserts.

### Hot Chocolate Sauce

To one cup of boiling water add one cup of sugar and a stick of cinnamon and boil about five minutes. Dissolve four tablespoonfuls of corn starch in one-fourth cup of water, and four tablespoonfuls of grated chocolate in one-half cup of milk. Boil all together five minutes and serve.

### Seafoam Sauce

Rub to a smooth cream two tablespoonfuls of butter with one cupful of powdered sugar. It should then be beaten to a light foamy froth; to this gradually add the stiffly beaten whites of two eggs. Have ready one-half cup of scalding cream and beat into the foam just before serving. Flavor with vanilla and almond extract. Sherry also may be used.





## DAINTY DESSERTS DAINTILY SERVED

**I**NTO a champagne glass put one heaping tablespoon of vanilla ice cream, and over this place one tablespoon of orange sherbet. Have in readiness sweetened whipped cream and force through pastry tube into rosettes over the top of each glass. Sprinkle with chopped pistachio nuts, add a Maraschino cherry and serve on a dainty plate with a sprig of fern.

Make individual rose cups of American Beauty rose petals secured to a white paper doily with library paste, fill with uncolored ice-cream of any flavor desired, and serve.

Make squares or triangles of Long Branch wafers, tied together with ribbon a half inch wide, shade of flowers and candles being used; lay these forms on a dainty plate on which has been laid a paper doily and fill with ice cream or sherbet. This is also an attractive way to serve any of the dainty salads. The ribbons may be untied by the guests and the wafers eaten with the salad.

### Cupid's Butter

Press the yolks of four hard cooked eggs through a vegetable ricer, add gradually to a cup of butter beaten to a cream; then add one-third cupful of powdered sugar, a little grated orange peel, one teaspoonful of orange juice or a scant teaspoonful of orange extract. Fill into a pastry bag with a star tube at the end, and press into a serving dish; surround with thin slices of angel cake and serve.

### Lemon Sherbet

Mix together two cupfuls of sugar and the juice of two large lemons. Have ice cream container packed in crushed ice and salt. Pour in the sugar and lemon mixture, add two and one-half pints of milk and one pint of cream; adjust lid and commence freezing at once. Turn rapidly for five minutes, packing ice and salt well around and over top of container. Continue freezing. The mixture should be well frozen in ten to fifteen minutes. Remove dasher, place cork stopper in the lid, pack well and let stand to ripen.

### Biscuit Glace

Beat together until light and lemon colored the yolks of two eggs with a scant half cup of sugar. Add one pint of double cream which has been whipped stiff and drained, then add the stiffly beaten whites of two eggs. Separate the mixture into three quantities; color one part pink with a few drops of fruit coloring and flavor with strawberry; color another part green with a few drops of spinach green, flavor with pistachio or almond extract. Flavor the third quantity which has been left uncolored, with

one-half teaspoon of pineapple. Turn into a brick ice cream mold, one layer upon another, over which lay paraffin paper, cover with lid and pack in salt and ice four to six hours. When ready to serve, let molds stand two inches in a pan of water merely a second. Slip a knife around edge of cream, turn out on a pretty serving dish, lay a rose on the dish and serve from the table. Slice and serve as you would brick ice cream. You will enjoy the pleasure your guests display over this dainty dessert.

### **Cranberry Frappe**

Cook one quart of selected cranberries in plenty of water untill well done. Rub through a colander, add two cupfuls of sugar, juice of one lemon and enough cold water to make three and one-half pints. Freeze to the consistency of snow. You may prepare the cranberry mixture while getting breakfast and set aside to cool. This is exceedingly nice served with turkey.

### **Strawberry Mousse**

Whip one pint of double cream very stiff, drain and lightly stir in two cups powdered sugar, one-half cup of blanched and chopped almonds, one quart of slightly mashed strawberries. Pour into mold with a tube, cover with paraffin paper, and after lid is on bind the edge with strip of buttered cloth, to prevent salt from reaching the cream; then pack in crushed ice and salt, let stand four hours or longer. When ready to serve, invert on a serving platter, fill cavity with halved sweetened berries, and surround with whipped cream slightly sweetened and flavored.

### **Punch Royal a la Yuletide**

Turn three half-pint glasses of California plum jelly (currant jelly if you prefer) into a sauce pan, add one cupful of boiling water, and stir until jelly dissolves. When cold add the juice of four oranges and three lemons, one small can of grated pineapple, the juice from one pint of Maraschino cherries, the cherries cut in bits and one cupful of sugar. Freeze to the consistency of snow. Serve in glass cups with a sprig of holly tied with a red ribbon to the handle of each.

### **Pear Parfait**

The most delicious of all pear desserts is a parfait. Stir slowly into the well beaten yolks of four eggs one cup of syrup drained from preserved pears, one-half cup of sugar, and cook over hot water until thick as custard. Remove from the fire and beat until cool. Fold in lightly one pint of double cream whipped dry; then fold in lightly one cupful of macaroon crumbs, pour into a wet mold, cover closely, bind with a buttered cloth and pack in crushed ice and salt four hours. Invert on a chilled platter, garnish with whipped cream and little mounds of red currant jelly.

# CONFECTIONS

"Sweets to the sweet,  
"Doth the maxim declare;  
"But have it made known  
"How the lady fair  
"For herself may prepare  
"A sweetness all her own."

## Cooked Fondant

To every two measures of granulated sugar use one measure of water. It is best to cook only two cups of sugar at a time. Dissolve the sugar well before putting over the fire, but do not stir while cooking. Boil hard until the syrup will form a soft ball when a spoonful is dropped in a glass of ice water. Take from the fire and allow it to cool until you can dip your finger in it; then beat hard until it creams, using a wooden spoon. Turn onto a marble slab (or a biscuit board will do) and knead until smooth. Put into a dish, cover with a cloth dipped in cold water and wrung dry, and set aside for twenty-four hours. You will find this smooth and creamy, and with different flavorings and fruit colorings you have a delicious foundation for all nut creams and other varieties of candies.

## Chocolate Coating

Grate half a pound of unsweetened chocolate, add two squares of paraffin shaved fine, place in bowl having a round bottom and set over a teakettle of boiling water, stirring until the mixture is melted. Have fondant molded into creams and dip one at a time, and drop them with a dipping fork onto oiled paraffin paper. The coating becomes firm at once.

## Strawberry Creams

Fill a teacup with fondant and set over a teakettle of hot water to melt. Flavor with pineapple or lemon juice. And tint very delicately with green or pink color paste, or leave the fondant uncolored. When thoroughly melted (a teaspoon of hot water may be added to facilitate melting), dip large, firm berries, one at a time, and set on paraffin paper. They will harden at once. These dainties must be eaten soon after being creamed, though white grapes and cherries dipped in the same way, are not so perishable. Do not stem any of the fruit before dipping.

## MEASURING HINTS

A cupful of liquid means all the cup will hold.

A spoonful of liquid means all the spoon will hold.

Salt, flour, seasoning, spices, butter and all solids are measured level.

To measure a level spoonful, dip the spoon into the dry material, taking up a heaping spoonful, then level it off even with the edge of the spoon with a knife.

To measure a part of a spoonful, cut lengthwise of the spoon for the half and crosswise for the quarter.

A teaspoonful of butter melted should be measured before melting.

A teaspoonful of melted butter should be measured after being melted.

Measure a cupful of cream whipped before it is whipped.

Measure a cupful of whipped cream after it is whipped.

Always sift flour and powdered sugar before measuring. It is well to sift salt, baking powder, spices and soda also before measuring. If measured in a solid state before sifting much more than the quantity called for will be used.

Have two glass measuring cups on hand. One for dry, and one for wet materials. These cups with fourths marked on one side and thirds on the other, may be purchased at any department or hardware store, for five cents each.

Do not dip measuring cup into flour or sugar, but fill with a spoon or scoop, and without shaking it down, mound slightly and level it off with a case knife.

In measuring butter or lard pack solidly into cup or spoon, and level with a knife.

All the recipes in this little book call for level measurements, unless otherwise stated. In order to have good results in cooking, careful measurements are necessary. The proper combining of ingredients is of equal importance with accurate measuring. Stirring is the method used in most kinds of cooking, sometimes alone and sometimes followed by beating, as in cake-making.

When a recipe says to "stir" a mixture, it means to stir it round and round, widening from center to outside, blending the materials.

"Beating" means turning the ingredients over and over. Always let the bowl of the spoon touch the bottom of the mixing bowl, bringing the under part to the top and across to the opposite side. Repeat this until all the air cells possible have been incorporated with the mixture.

"Cutting" and "folding in" is done to blend one ingredient with another after each has been beaten till light. It is done by cutting down from top to bottom with a spoon and then carefully and quickly turning over the mixture from the bottom of the dish till it comes to the top. Only enough "cutting" and "folding" should be done to barely blend the materials without breaking the air cells.

## TABLE OF COMPARATIVE PROPORTIONS

- 2 cups flour equal one-half pound.
- 2 cups liquid equal one pint.
- 1 cup liquid equal one gill.
- 1 pint milk or water equal one pound.
- 4 tablespoonfuls liquid equal one-half cup.
- 1 cup solid butter equal one-half pound.
- 1 tablespoonful soft butter, rounded, equal one ounce.
- Butter the size of an egg equals two ounces, or one-fourth cup.
- 1 pint granulated sugar equals one pound.
- 2 cups pulverized sugar equals one pound.
- 1  $\frac{1}{4}$  cups powdered sugar equals one-half pound.
- 1 heaping tablespoonful of sugar equals one ounce.
- 1 pint brown sugar equals thirteen ounces.
- 3 cups corn meal equals one pound.
- 2 rounding tablespoonfuls flour equal one ounce.
- 1 pint finely chopped meat, packed solid equals one pound.
- 16 ounces equal one pound.
- 1 rounded tablespoonful coffee equals one ounce.
- 12 tablespoonfuls dry material equal one cupful.
- 9 large or 10 medium sized eggs equal one pound.





## KOOKERY KRINKLES

WHICH MRS. NEWLYWED WILL BE GLAD  
TO KNOW

The whites of eggs will whip more readily if a pinch of salt is added to them.

If the eggs are placed in cold water for a time before being broken, they will whip easily.

To prevent milk or cream from curdling when used in combination with tomato, add a bit of bicarbonate of soda before they are mixed.

A small quantity of bicarbonate of soda stirred into milk or cream, will keep it from souring in hot weather.

Do not wash meats in water. Wipe them with a damp cloth.

A well beaten white of egg in which has been beaten a half teaspoonful baking powder added to mashed potatoes, whipping the potatoes hard before serving, will add to the looks and taste of the dish.

In mixing liquids, add the liquid to the solid by degrees. They will blend more easily.

If the cream seems too thin to whip, try placing the dish containing it in another dish of cold water, leaving it there until well chilled. Then put into a pan of hot water. You will find that it will whip without difficulty. Or a drop or two of glycerine added to the cream makes it whip readily and does not affect the flavor of the cream.

Always separate the whites and yolks of eggs in cookery, unless the recipe specifically directs otherwise.

If you do not possess a pecan nut cracker, try soaking the pecans over night in cold water. Next morning crack them on end, the meats will come out without breaking.

At all 5 and 10 cent stores paraffin paper may be purchased two rolls for 5 cents. Keep it in the kitchen. It serves a hundred purposes and saves time.

Paper napkins, which may be purchased for 10 to 20c per hundred, are also one of the kitchen economies. Use them in draining croquettes, fritters and timbales.

If salt is put in the flour before it is wet, lumps will be avoided in mixing the batter.

## KOOKERY KRINKLES—Continued

Cream that is too thin to whip may be made to do so by adding the unbeaten white of an egg before beginning to whip it.

Plunge the vessel containing burned vegetables or cereals into cold water and let it remain for a few minutes before pouring the contents into another pan. This will do away almost entirely with the disagreeable burned taste.

The color may be set in any colored cloth by placing the garment in a pail of cold water, to which has been added a tablespoonful of Epsom salts, and allowed to remain over night. The next morning wring the garment and hang, without rinsing, in the shade to dry. When dry wash in clean water. A little Epsom salts may be added to the rinse water.

Time settling or deposit from water in a teakettle may be gotten rid of entirely by boiling vinegar in the teakettle. The lime can be removed without difficulty.

When taking salad to a picnic supper in the woods, put it in a pail and push a small jar, or bottle, filled with cracked ice into the center. This will keep the salad in splendid condition for hours.

Did you know salt hardens the gums, makes the teeth white and sweetens the breath.

Weak and tired eyes are refreshed by bathing them with warm water and salt.

Hemorrhage from tooth pulling is stopped by filling the mouth with salt and water.

Weak ankles should be rubbed with a solution of salt water and alcohol.

The young housekeeper will be filled with grief when she discovers her dainty linens marred with fruit stains. She may always be sure of white, stainless linen by having a quantity of Javelle water on hand.

Dissolve two pounds of sal soda in two quarts of boiling water. In another bowl dissolve one pound of chloride of lime in four quarts of cold water. Put them together and set away in jars or bottles. To remove stains from linen put one cupful of Javelle water with one cupful of fresh water, dip linen for five minutes, remove and rinse thoroughly.

To bleach white goods having colored embroidery, which cannot be boiled after washing, put in an old pillow case which has been dipped in strong blueing water and thoroughly dried. Rinse and dry each article before putting in the pillow case. Hang the case with articles in good, strong light for several days. They will be perfectly white, and the embroidery will not fade.



## CLEANING DAY MADE EASY

Almost anything that has come in contact with sticky fly paper can be thoroughly cleansed by sponging with kerosene. The odor will soon evaporate if the article is exposed to the air for a short time.

Covered furniture that is soiled can be made to look fresh and clean if rubbed over with a soft cloth dipped in gasoline. This will not harm the most delicate fabric, and the odor will pass away when exposed to the air. Do not run any risk, however, by using gasoline near the fire.

Oxalic acid and Javelle water are excellent for removing ink stains.

Boil pots and pans in water and washing soda.

If towel racks in kitchen and bath room are not nicked, paint them with at least two coats of white enamel paint, to avoid the possibility of iron rust spots as well as for general cleanliness.

All kitchen and pantry shelves should be painted, both top and bottom, and if white enamel paint is used, paper can be dispensed with.

You will find coal oil an excellent cleaning agent. Use a cloth moistened with it to clean your stained floors, woodwork, porcelain bath tub, and lavatory.

If the white porcelain of the sink becomes stained, wet and sprinkle chloride of lime into it. Let stand about half an hour and it will come white.

Equal parts of turpentine, boiled linseed oil and vinegar make an excellent preparation for polishing furniture.

Turpentine and bees wax to the consistency of thin cream makes a fine polish for leather upholstered furniture.

Go to your hardware merchant friend, who speaks to you from these pages, and purchase a dish drainer. Wash your dishes, place in drainer, and pour scalding water over them; let them set till dry; you will be surprised how clean they will be. It saves time too.









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